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Your essential daily news

Police identify Canadian's body dumped in 1969 near site of Manson family killings. **Canada**

Work deaths preventable

NATIONAL DAY OF MOURNING

Job safety must be a priority, advocates say

Emma Jackson
Metro | Ottawa

Diana Devine was nine months pregnant when she found out her dad had been killed at work.

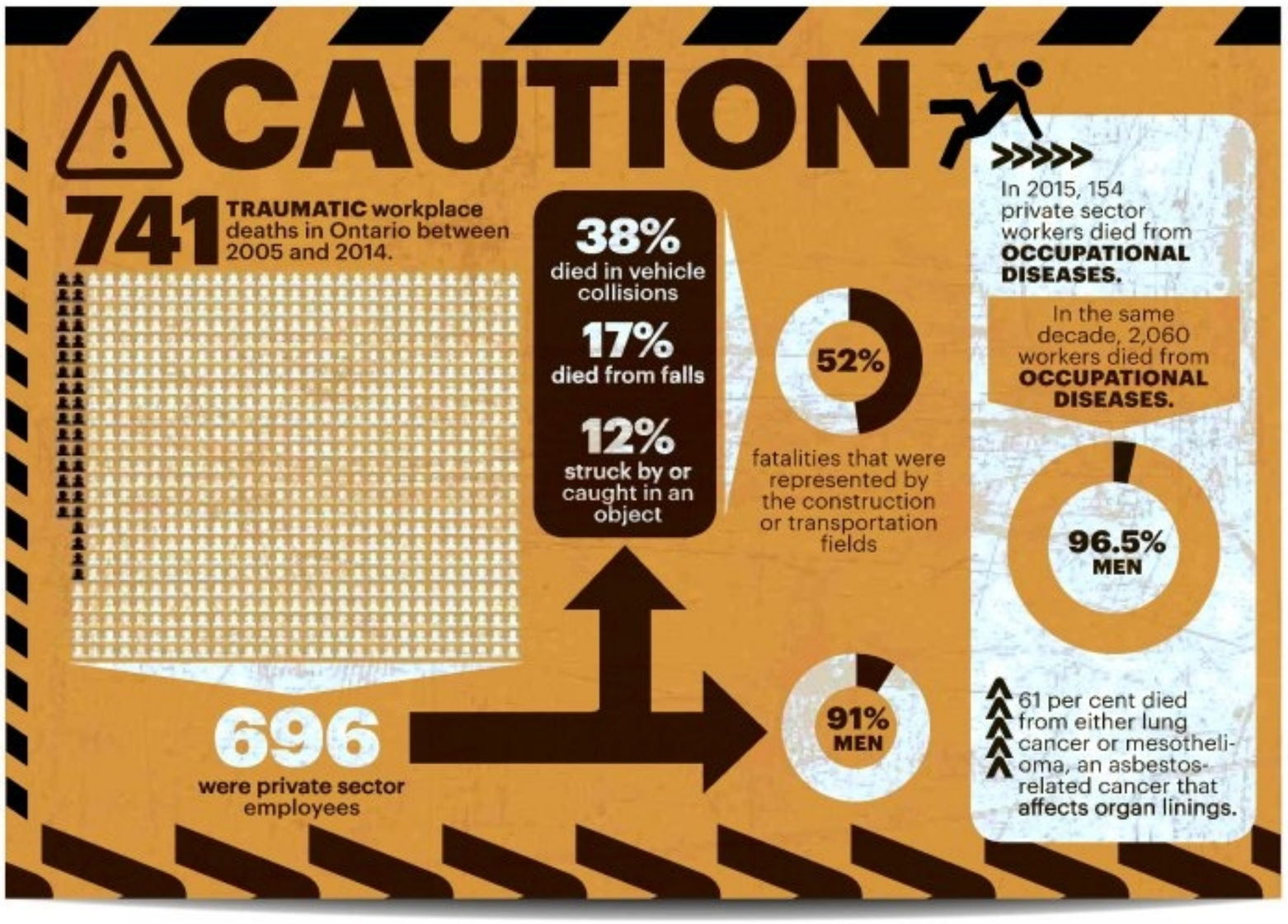
He was operating a backhoe on Parliament Hill behind the parliamentary library, which was being restored. But when the backhoe's gears suddenly engaged, he couldn't brake and was carried through a fence and over the embankment overlooking the Ottawa River. He was pronounced dead at the scene.

"In an instant your life can be completely changed," she said.

Today is the national Day of Mourning for workers who have died on the job, and the Ottawa and District Labour Council has planned a service for local workers at Vincent Massey park at 12:30 p.m. Workplace deaths are not as rare as you might think.

Just this week, construction worker William Milton was killed on Highway 17 when a car left the road and hit him.

And 25-year-old Olivier Bruneau was killed at a condo construction site in Little Italy last month after a large chunk of ice hit him where he was working in a 100-foot pit.



In 2015, 72 people died at work in Ontario from **TRAUMATIC DEATHS**

Sean McKenny, president of the Ottawa and District Labour Council, said every workplace death is preventable.

"There are those that try and skip steps and trim corners and that's normally where these accidents occur," said McKenny.

He scoffed at the suggestion that some safety measures are just too costly and impractical .

"What kind of price can you put on a person's life?" he said.

In 2015, there were 72 traumatic workplace fatalities across Ontario and 154 deaths from occupational diseases, according to the Workplace Safety and Insurance Board (WSIB).

That's in line with the last decade, which has ranged between 60 and 83 traumatic deaths a year in the private sector.

The biggest killer is vehicle collisions, and more than half the deaths were in construction or transportation, the WSIB found.

Usually a company is heavily fined if the ministry of labour finds it was negligent on safety. But McKenny said criminal negligence charges would go a long way to prioritizing safety.

"The penalty should fit the crime," McKenny said.

Devine agrees. She said she worries about young people heading into unsafe work environments.

"It's not really an accident when you are sending people out to a work site when you know it's not safe," Devine said.

TRAFFIC CONTROL

No extra pay for police: Councillor

Lucy Scholey
Metro | Ottawa

Highly trained police officers should not be paid extra to direct traffic at construction sites and closed intersections, according to an Ottawa councillor.

Eli El-Chantiry, who chairs the Police Services Board, is joining Toronto in asking the province to amend the law and allow "properly trained" people — like bylaw officers — to flag traffic.

The Highway Traffic Act states cities must use police to direct vehicles and close highways.

But it's off-duty officers who are called to manage traffic at construction sites and parades, whereas civilians could do the job at a "significantly reduced cost," says El-Chantiry.

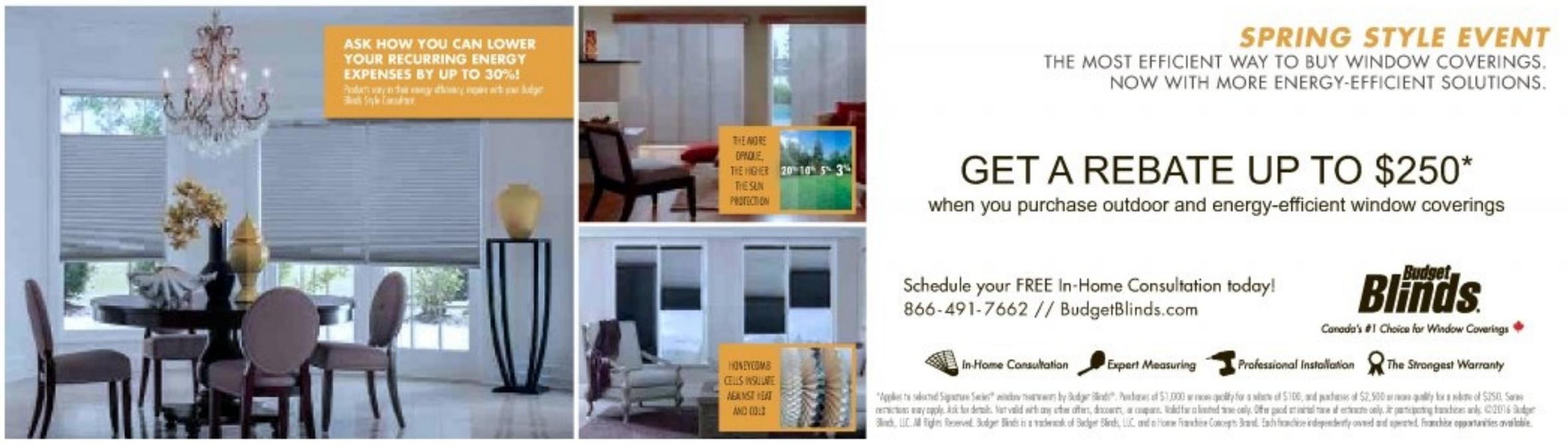
At first glance, it may seem like construction companies shoulder the extra policing costs. But when these firms bid for city work, they factor in traffic patrol, says El-Chantiry.

Further, he says he has heard from six-figured salary cops who are frustrated with being treated like "mall security."

"It means our police officers can go off and do what they like to do as a police force instead of standing on a construction site," he says.

But Matt Skof, president of the Ottawa Police Association, calls this an "asinine" assumption.

"None of these paid duties are done on-duty. These are all off-duty assignments and will have absolutely no impact whatsoever on our operations. They never have."



Survey shows redesign concerns

ELMVALE ACRES

Community group plans to analyze over 200 comments

Parking, traffic, building heights, road access and construction are the top concerns among hundreds of Elmvale Acres residents recently polled through an online survey about the proposed redevelopment of the Elmvale Acres Shopping Centre.

Of the more than 630 households canvassed, more than 330 responded — representing almost 53 per cent — to the questionnaire organized by the new Elmvale Acres Community Association.

"I think it's just worth noting all of the issues that were identified is something that the community is concerned about, and it is a very large proportion of the community," Marc Comeau, a vice-president with the association, said during a recent community meeting at St. Aidan's Anglican Church that was held to reveal the preliminary survey results.

The association now plans to analyze more than 200 comments that were submitted through the online process, develop recommendations and sit down with the RioCan property owner by the end of May to discuss the results.

The company is in the process of making changes to its proposal based on 97 comments submitted to Alta Vista Coun. Jean Cloutier, and the shopping mall's owner has asked to see the survey results before resubmitting its modified redevelopment application to the city at the end of May.

In addition to redesigning the layout of the mall, adding new retail businesses and strengthening several of the current commercial tenants, the pitch includes the phased-in addition of four apartment towers with heights of nine,12, 22 and 26 storeys with 815 higher end one- and two-bedroom rental units.

ERIN MCCRACKEN/METROLAND MEDIA

BACKGROUND

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An early morning blaze on Spadina Avenue quickly spread to neighbouring units. SCOTT STILLBORN/OTTAWA FIRE SERVICES

CAUSE UNKNOWN

Family dog saves day for fire victims

Haley Ritchie
Metro | Ottawa

An adopted dog named Moss is being credited with helping her owners survive an early morning fire in Hintonburg on Wednesday that damaged multiple homes.

Fire services received a 9-1-1 call to 24 Spadina Avenue about a possible fire around 3:45 a.m. The fire was quickly spreading to two other nearby units and was upgraded at 4 a.m.

Ottawa Fire said residents living in the top unit of the building were in a deep sleep at the time the fire was starting. Their nine-year-old retired sled dog, Moss, who is usually quiet but was making noise to alert her owners, woke them up.

The massive blaze quickly spread to two nearby houses, displacing their residents as well. An OC Transpo bus provided temporary shelter on the scene and the Salvation Army and the Red Cross were there to assist.

Fire crews were still working on the scene four hours later and confirmed the fire was out before 8 a.m.

Crews determined the fire began at 24 Spadina Avenue and spread to homes at 22 and 26 Spadina Avenue.

Part of Somerset Street and Spadina Avenue were closed Wednesday morning but have been reopened. There were no injuries.

Ottawa Fire Services said the total cost of the damage, number if people displaced and cause of the fire have yet to be determined.

POLICE

Ottawa officer facing charge of excessive force

An Ottawa police officer is facing a misconduct charge for allegedly using excessive force during an arrest last October.

Const. Jafeth Maseruka has been charged with one count of unlawful or unnecessary exercise of authority under the Police Services Act. The charge stems from his arrest of an unidentified person on Oct. 19, 2015. JOE LOFARO/METRO

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Loss of community police feared

SAFETY

Reconsider move to patrol unit in 2017, residents urge

Joe Lofaro
Metro | Ottawa

Jamie Kwong, executive director of the Quartier Vanier BIA, said she could email Const. Jacques Carriere whenever there was an incident in her neighbourhood and he would show up within an hour. JOE LOFARO/METRO

Back in the summer of 2014, sex workers were coming in to Bobby's Table on Montreal Road actively soliciting male patrons and causing a disturbance.

"They would blow up and tell us to go f— off. Everything they could yell in our restaurant, they would yell," recalled co-owner Bill Dicks.

Behind the restaurant, he could see johns lingering in a nearby parking lot to pick up sex workers.

"I was really fed up about this."

The disturbances got so bad that by the time the fall came around he called Ottawa police to investigate.

It was around that time that Const. Jacques Carriere started his beat as a Community Police Officer in Vanier. Unsatisfied with the police response to the disruptions in his restaurant, Dicks approached Carriere to see what he could do.

"Jacques got more patrols on the street and it definitely helped with our problems, for sure. And other merchants along the way got relief from prostitutes and the druggies on Montreal Road as a result of Jacques stepping in and becoming fully engaged when OPS (Ottawa Police Service) initially did not," said Dicks.

Dicks had Carriere's cell phone number and email in his phone. He would take pictures of johns and forward them to the constable.

"He was, by far, one of the best community police officers I've seen. He was fully engaged in the area."

But it's that kind of rapport with CPOs that community groups and business owners fear will disappear as the police service mulls getting rid of the CPO unit and folding it into the patrol unit.

The police service is in the middle of a years-long project called Service Initiative. The goal: to rethink how policing services in Ottawa are delivered in order to save money and adapt to crime trends.

It's what the force calls a "generalist" approach to front-line policing as opposed to having designated constables working in specific communities.

Carriere left his post as Vanier's CPO to work in another unit and a replacement is being sought. His departure was not related to the Service Initiative.

But, for neighbourhoods in transition like Vanier, critics say having a familiar officer ingrained in the community who you know and trust, and is just a text away, is crucial.

You see that rapport that's not there with a beat cop. The beat cop doesn't have the context.
Jamie Kwong

We don't want to go back to 2006.
Jasna Jennings

"It gives us actually someone we could talk to," said Dicks.

At Monday night's eventful Ottawa Police Services Board meeting, several community leaders and two city councillors made passionate pleas to Chief Charles Bordeleau to reconsider the cost-saving reshuffling of officers.

Jamie Kwong, Quartier Vanier BIA executive director, also spoke very highly of Carriere as she addressed the board.

In an interview, she said he consulted with the community about changes to the Canada's prostitution laws and the arrival of the controversial vaping lounge, BuzzOn.

He would attend business mixers, grand openings, and would drop by the BIA office almost weekly. He was, from a policing perspective, the face of the community.

"The fear of that changing into a generalized pool, it would be a huge loss," said Kwong.

"You see that rapport that's not there with a beat cop. The beat cop doesn't have the context. The business owners know. They're familiar with the police constable. Are patrol officers able to know 300 of our businesses? Are they able to spend that time knowing our neighbourhood?"

Jasna Jennings, executive director of the ByWard Market BIA, also addressed the board on Monday.

She told Metro earlier this week that as soon as CPOs started working in the market area, crime stats dropped significantly from where they were 10 years ago.

She worries if patrol officers are being tasked with responding to incidents like aggressive panhandlers screaming at passersby, they will not be treated as a priority.

"An email or a call five days later to say, 'Oh, we heard you had an incident down there' isn't really going to help what we go through on a daily basis down here," she said.

"So, until we have facilities that are taking on the mentally ill and until there's a better way to deal with them, the only people we have to call are the police.

"We need that presence because we don't want to go back to 2006."

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Consultations with the public are coming: Police

Ottawa Police Association president Matt Skof said more than 100 officers have already been told they will move to patrol in January.

But Insp. Mike Laviolette said although the police service is moving in the direction of eliminating the district model, many details of the new policing model are still unknown.

The foot patrol in the ByWard Market will not be affected by the changes, he added.

It's the understaffed patrol unit that will be getting a boost, which Laviolette says is still capable of doing proactive policing.

Laviolette said patrol officers can have a rapport with a community "by getting out of the car."

"Have the time to get out of the car and walk around in the neighbourhood and talk to people. That's the idea behind frontloading patrol," he said.

"The more officers you have, the less demand there is for them running around from call to call. They have a little bit more time to do that proactive policing piece."

The public will get a chance to have their say on the new policing model during a consultation next month.

JOE LOFARO/METRO

DJ Atherton will certainly play your obscure psych rock record at his monthly BYOV nights, right after he drops Jesus Christ Superstar. COURTESY TONY ATHERTON

This one's for the records

BACKSTAGE PASS

DJ Atherton asks that you Bring Your Own Vinyl

Trevor Greenway
Metro | Ottawa

There's no smoother transition for a DJ than going from the swirling resonance of the Sound of Music to the rebellious and deafening tones of The Ramones.

For DJ Atherton, mixes like this come off his decks more often that one would think, especially when he's inviting the crowd — mostly nerdy vinyl junkies — to create the playlist every month at his Bring Your Own Vinyl Night at Erling's Variety.

"You never know what you're going to get. It's like a crackerjack box," chuckles Ottawa DJ and party promoter Devin Atherton, who has been running the BYOV nights on and off for the past year. Now he's ready to start a consistent monthly event in the hopes of drawing even more vinyl junkies, both old and new to start an underground record club.

"Ideally, I would like to create a night that is all geeked out, with vinyl nerds talking about album art. I am a bit of a music nerd, but not as much as some people are, but I really appreciate it."

Atherton says the first few record nights have been "hit or miss" with a few heads showing up with pristine rare copies of 90s hip hop, while older folks bring in their nostalgic classic rock collections and a returning group of ladies always come in with crates of musicals.

And for Atherton, it's all fair game.

"Any genre goes," says Atherton, adding that the only thing he won't play is anything "hateful."

"I don't care if it's doo wop, country, rock or the national anthem of the Czech Republic. Anything goes."

One of the biggest jobs of a DJ is establishing a vibe at any party; creating moods for people to cruise along, peanut buttery vibes for people to feel comfortable dancing to. But it's a tall order to ask any DJ to seamlessly mix West Side Story's "I Feel Pretty" with Gangstarr's "Full Clip."

But at this party, the chaos is the order.

"I guess that is the vibe, n ice and eclectic," adds Atherton.

While it can be a challenge mixing two completely different genres together in a somewhat seamless way, Atherton enjoys the test and says he's being exposed to more music as a DJ this way. Whether it's rekindling his love for an old Easy Star All-Stars - Dub Side of the Moon record or discovering wicked samples within an old Klezmer beat, Atherton walks away every week as a better DJ.

The vinyl nights will also boasts a record swap bin for collectors to get rid of old wax that has maybe been collecting dust in their library and pick up a new record to add to their collection. If it picks up, Ottawa will have a healthy little underground record club.

"The whole purpose of this thing is to bring music fans together who might not normally meet," says Atherton. "At its best you'll fall in love with a new song or band, at its worst you'll have 'My Favourite Things' stuck in your head for a day or two. Not a half bad trade off as far is I'm concerned."

All you have to do is show up with your records and listen to the eclectic mix around you.

> "I don't care if it's doo wop, country, rock or the national anthem of the Czech Republic. Anything goes." Devin Atherton

THE GIG

BYOV nights run the last Saturday of every month at Erling's Variety in the Glebe from 10 p.m. to 2 a.m.

PUBLIC LIBRARIES

New code blocks homeless: advocates

A new code of conduct that warns foul-smelling patrons or those "lingering aimlessly" won't be tolerated at the Kingston, Ont., public library is coming under fire from critics who say it targets homeless people.

A group called Libraries are for Everyone says that while the new rules don't explicitly bar homeless or poor people from using the library, they will have that effect.

The group says the guidelines "may do more to stigmatize and marginalize some of the most vulnerable library patrons."

It is hoping to convince the library board to repeal the changes and launch a public consultation at its monthly meeting Wednesday night.

The library board has defended the policy, which was passed at its meeting in March but only came to the public's attention a few weeks ago.

In a statement posted on its website, the board says the guidelines are not aimed at a specific group and stresses they are required to ensure the library remains a safe space.

The board is reaching out to shelters, police and mental health support to ensure that patrons whose needs exceed library services are directed to the appropriate organization, the statement says.

But Libraries are for Everyone says excluding people won't help.

"I think it will impact a lot of people's lives," said Nancy Jones, one of the group's members.

Among the new guidelines is a note that "offensive body odour and/or offensive clothing/bag odour will not be tolerated," and that patrons must "limit the belongings" they bring inside.

"Patrons are expected to be actively engaged in a library service or event," the rules say.

"Loitering or sleeping is not permitted on library premises. Loitering is defined as sitting or standing idly about; lingering aimlessly without using library services, regular and/or prolonged attendance at the library without using library services."

Libraries are for Everyone says those references, in particular, "could discriminate against shelter users and other people in precarious housing situations or suffering mental ill health."

THE CANADIAN PRESS

> "I think it will impact a lot of people's lives." Nancy Jones

Gaelic football scoring big in Ottawa

ATHLETICS

Ireland's most popular sport a success with youth groups

You take a bit of soccer, some volleyball, a dash of basketball and rugby and you roll it out on a grass field and you've got something close to Gaelic football.

Ireland's most popular sport is gaining more and more traction in Ottawa where the Ottawa Gaelic Football Club has been running a youth program for three years with a particular focus on teaching it in schools.

The club's youth development officer and Kanata resident Noel McGinnity attributes the game's success with both kids and teachers to the wide range of skills that come into play.

The game combines aspects of soccer, basketball, football and volleyball and is played on a grass field.

Players carry what looks and feels like a heavy volleyball a total of four steps before passing the ball with a palm bump or kick as both teams of up to 15 players try to score points by passing the ball through a goal or between a set of uprights.

Because the game includes passing and scoring skills typical in many different sports, a volleyball player and a football player for instance would both have skills that transfer to Gaelic football.

Many of those skills are the fundamental skills that phys-ed seeks to teach, said Georges Vanier Catholic School principal, Heather McPhee, and with Gaelic football you get them all in one game.

"That's the great thing about Gaelic football," she said.

ADAM KVETON / METROLAND MEDIA

Angie Stevenson teaches elementary students how to play Gaelic football on April 18. ADAM KVETON / METROLAND MEDIA

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SOCIAL ASSISTANCE

Minister had warning memo before launch

A memo noting "significant challenges" with a new disability and welfare payment system reached Ontario's community and social services minister two weeks before the problem-riddled, $300-million computer program was launched, The Canadian Press has learned.

Helena Jaczek has said no one informed her about the system's troubles before it was rolled out.

Weeks after the Social Assistance Management System was launched in November 2014, serious defects and performance issues became public — it erroneously queued up $20 million in overpayments — $382,000 of that was actually paid out.

Auditor General Bonnie Lysyk said in her annual report late last year that the SAMS executive committee, which included the deputy minister and three assistant deputy ministers, knew there were problems with the program before its launch, but they rolled it out anyway.

When Jaczek was asked, following the report, if anyone had informed her of the problems with SAMS before its launch, she replied, "Nobody told me."

But on Nov. 1, about 10 days before SAMS' launch date, documents obtained by The Canadian Press through a Freedom of Information request show that the minister received an email that included a memo from the team leader noting the preparation had not gone completely smoothly.

Jaczek said in a statement Tuesday that there are always concerns with new systems, but the memo indicated they had been resolved.

Since then the ministry has said most of the issues have been fixed, including all of the priority ones. THE CANADIAN PRESS

Helena Jaczek speaks to the media on Dec. 1, 2014.
THE CANADIAN PRESS/CHRIS YOUNG

BYELECTION

Criminal charges stayed in Sudbury Liberal scandal

Charges in a byelection scandal in Sudbury, Ont., have been stayed against a veteran Liberal fundraiser, though a separate bribery investigation is ongoing.

Gerry Lougheed had been charged with one count of counselling an offence not committed and one count of unlawfully influencing or negotiating appointments.

Police had alleged Lougheed offered a would-be Liberal candidate for a byelection last year a job or appointment to step aside for Premier Kathleen Wynne's preferred candidate.

But those charges were stayed Wednesday, meaning they are effectively dropped, at least for the time being.

Wynne, speaking at an unrelated event in Brantford, Ont., said she thinks it is a good outcome. However, the Ontario Provincial Police are still investigating Lougheed and Wynne's deputy chief of staff's byelection conduct.

THE CANADIAN PRESS

An OC Transpo bus sits where it collided with a Via Rail train during morning commute Sept. 2013. ADRIAN WYLD/THE CANADIAN PRESS

FALLOWFIELD ROAD

Transport Canada to help fund change to rail crossing

Haley Ritchie
Metro | Ottawa

Ottawa will be getting a small amount of help funding minor railway-crossing improvements as part of a nationwide $10.9-million commitment by Transport Minister Marc Garneau.

In total, the announcement committed $19,722 to changes at Fallowfield Road and $4,800 for work at Corkstown Road in Nepean. Each amount is half the estimated cost of safety improvements.

The Fallowfield money will go toward moving and reconfiguring traffic poles to increase sightlines around the crossing.

Other municipalities are receiving hundreds of thousands to install new warning systems and pedestrian sidewalks. The department said it is using traffic volume and accident history as factors to select crossings for upgrades.

The announcement also included $4,800 that will go towards replacing incandescent lights with LEDs at the crossing on Corkstown Road in Nepean.

In a report on the 2013 bus-train crash at the Fallowfield crossing Transportation Safety Board recommended the city consider implementing expensive grade separations at Woodroffe Avenue, Transitway and Fallowfield Road.

The city is currently investigating whether overpasses or underpasses could be implemented at five railway crossings, but Mayor Jim Watson said last December that federal money would be needed.

$10.9M

Feds' committed funds toward the improvements

The $10.9 million total will go toward improving 400 rail crossings across the country through the Grade Crossing Improvement Program.

The March federal budget earmarked $143 million over three years to enhance rail safety and the transportation of dangerous goods.

TAXI LICENSING FEES

'Administrative error' costs city $20,000

The City of Ottawa is shouldering $20,000 in taxi licensing fees this year, due to an "administrative error."

The 2016 city budget raised the cab licensing administrative fee from $50 to $55. However, when council approved the new taxi by-law review on April 13, the report said the licensing fee was $50.

Since the April 30 taxi licence renewal deadline is approaching, Mayor Jim Watson tabled a motion at Wednesday's council meeting calling for the city to waive the extra five bucks.

He called it a "goodwill" gesture.

It amounts to $20,000 but it would be absorbed through the department's built-in contingency fund, he said. LUCY SCHOLEY/METRO

Gaming startup innovates

APPS

Tracking tech used for tablet and phone fun

Tracking technology could be the next big thing for mobile games, according to the co-founder of an Ottawa game-design startup.

"We're looking at different trends in the market, and it became obvious that traditional mobile sectors had been consistently disrupted through new offerings that were created by location-based technologies," said NextBigThing Studios (NBTS) co-founder James Don-Carolis, pointing at Tinder and Uber.

"I was looking at different sectors that could benefit from the integration of location technology, and gaming just seemed obvious."

Don-Carolis was showing off his studio's game, Land of Heroes, recently at the Ottawa International Game Conference Art Expo.

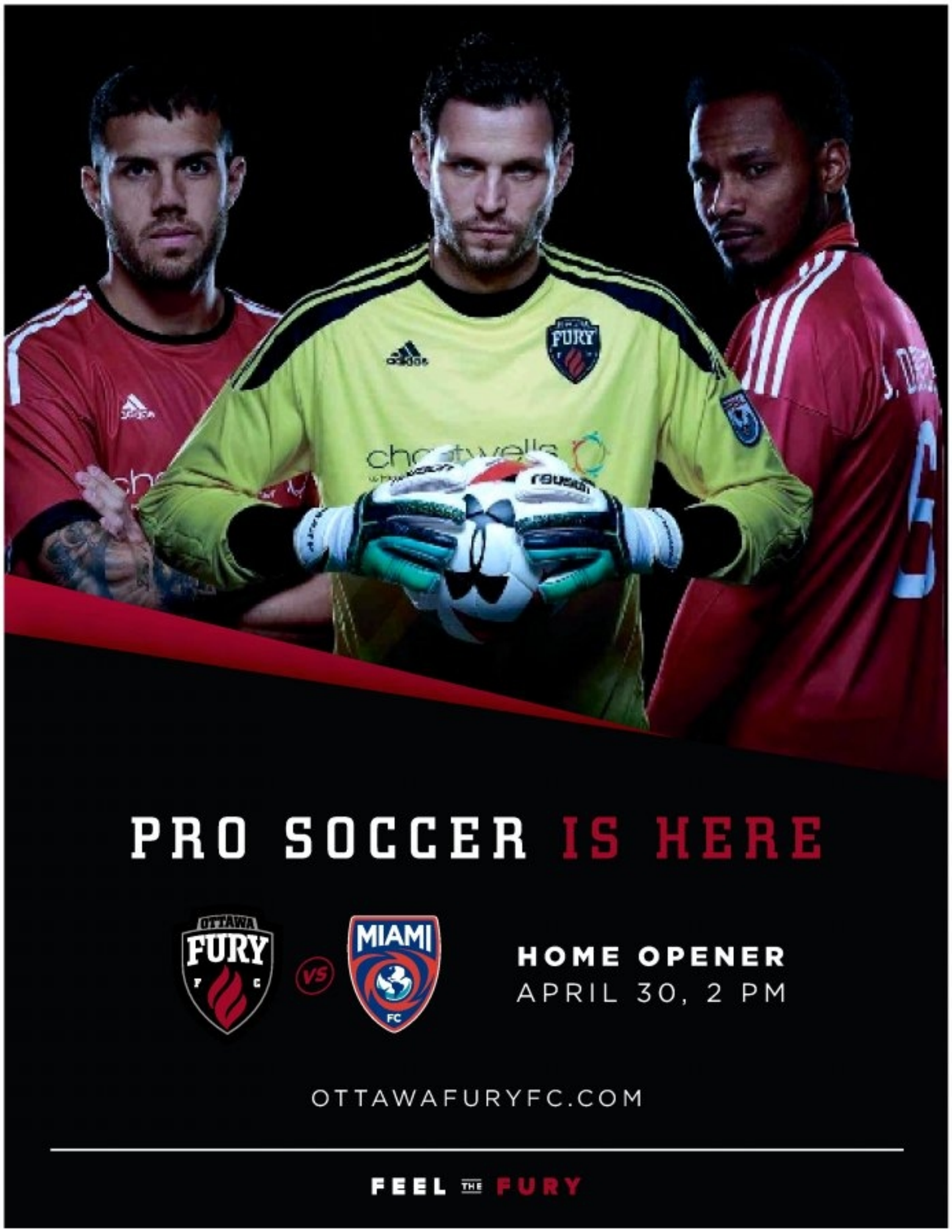
Land of Heroes uses augmented-reality (AR) technology, in which a live direct or indirect view of a real environment is enhanced by computer-generated effects, including GPS data. With no established platforms specifically for AR, NBTS designed the game for cellphones and tablets.

It will be a free app that offers gamers opportunities for in-app purchases. The game is currently in beta testing, with no launch date set.

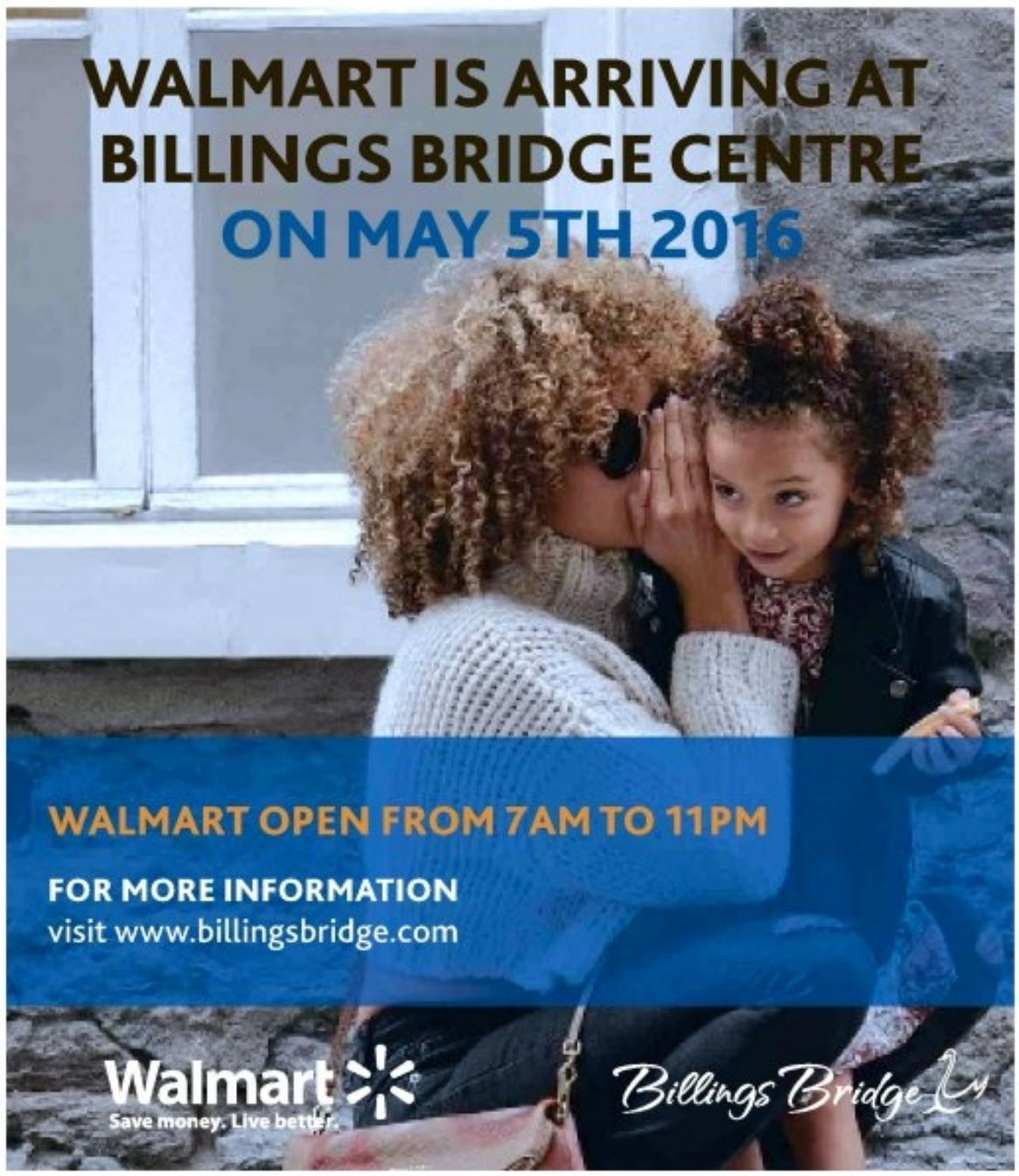
NBTS was formed in 2014 and firmly rooted at Carleton University. Shortly after the studio was formed, it was accepted into Carleton's Hatch Incubator, a program Don-Carolis said is not getting enough attention.

"It's a hidden gem in the Ottawa entrepreneurship community," he said.

MARC SHAW/OTTAWA BUSINESS JOURNAL



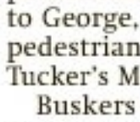
FREE CONCERT CITY PROMOTES LOCAL MUSIC Amanda Lowe performs a short concert outside city hall on Wednesday. Lowe and 24 other artists have been chosen for the #ottmusik project — expect to hear their songs when you call and are put on hold by the City of Ottawa. HALEY RITCHIE/METRO



Time to take cars out of the market

metro TALKS
Janette Sadik-Khan

William Street a natural space for pedestrians, says expert



Emma Jackson
Metro | Ottawa

Give William Street back to pedestrians, a New York transit guru suggested Wednesday.

Janette Sadik-Khan, former transportation commissioner for New York City, was in Ottawa promoting her book Streetfight, which chronicles her years transforming the Big Apple's city streets.

She's credited with creating thriving pedestrian spaces where there once were cars, while improving gridlock and the bottom lines of local businesses — including, most famously, at Times Square.

As she wandered around the ByWard Market, she wondered aloud why William Street — a main gateway to the market — couldn't be pedestrianized right away.

"You look at a corridor like this, and think about what you could do," Sadik-Khan said to Coun. Mathieu Fleury, who represents the area. "It's obvious."

William Street is already pedestrian-only from Rideau to George, and opens into a pedestrian plaza in front of Tucker's Marketplace.

Buskers and artists make good use of it in the summer, and come 2018 a new light rail station will serve the street, as well.

Sadik-Khan suggested it would create a natural walkway into the heart of the market.

Above: Former New York City transportation commissioner Janette Sadik-Khan, middle, biked through Ottawa with Heather Shearer of Citizens for Safe Cycling and Seth Solomonow, her co-author on Streetfight: Handbook for an Urban Revolution.
Below: Touring ByWard Market. EMMA JACKSON/METRO

In fact, Sadik-Khan argued the entire ByWard Market could easily pilot a pedestrian-only summer this year.

"You can't argue that it's working perfectly now, so why not try it?" she said. "If it works you keep it, and if it doesn't you can put it back."

Mayor Jim Watson was hesitant to jump in quite that fast, saying he would have to consult with residents and business leaders.

He also said fewer people will drive to the market once LRT opens in two years.

The city does have plans to revitalize the market, starting with the George Street plaza in front of the market building. The million dollar first phase is a far cry from the $10 million Fleury hoped for, but he said it's a start to making the market more inviting.

Janette Sadik-Khan says the Byward Market needs to be pedestrianized. EMMA JACKSON / METRO

IN BRIEF

Canada must pave the way for 'smart' transportation: Garneau

Canada must make its transportation system smarter and greener, says Transport Minister Marc Garneau, but documents show the country is falling behind its trading partners in connecting infrastructure to the vehicles that use it.

Garneau said that he wants to see Canada at the forefront of the push to create intelligent transportation systems that allow cars, trucks, ships and planes to communicate with roads, rail, and ports.

THE CANADIAN PRESS

Canada pledges to send more aid to Ecuador, but DART won't be going

Canada is contributing another $900,000 to earthquake-stricken Ecuador, but has decided against sending the Disaster Assistance Response Team.

The latest donation brings Canadian assistance to Ecuador to $2 million.

The government has also contributed to sending a Canadian Red Cross field hospital to help. Global Affairs says DART evaluated the situation and decided it was not needed.

THE CANADIAN PRESS

Rethink Saudi deal: Critics

The Liberal government must rethink its $15-billion arms deal with Saudi Arabia, given the deteriorating human rights situation, a group of peace and human rights organizations urged.

Opponents of the sale of Canadian-made light armoured vehicles in the Middle East say it flies in the face of Justin Trudeau's promise to reinvigorate Canada's standing on human rights issues around the world. THE CANADIAN PRESS

These family photos show Reet Jurvetson, aged 18. Los Angeles police said say they're investigating whether the young woman, found stabbed more than 100 times in 1969, is connected to the Manson family killings.

CONTRIBUTED/ TORSTAR NEWS SERVICE

'My little sister was savagely killed'

REET JURVETSON

Canadian was dumped near site of Manson killings

For decades, she was known simply as Jane Doe No. 59 — an unidentified body dumped with 150 stab wounds in Los Angeles in 1969 near the site of several killings perpetrated by the notorious Manson family.

On Wednesday, a Canadian connection was confirmed in the 47-year-old cold case when the murdered woman was identified as Reet Silvia Jurvetson, a 19-year-old Montreal resident who'd gone to Los Angeles that year.

"Jane Doe #59 now has a name," Anne Jurvetson, Reet's sister and the last living member of her immediate family, said in a statement. "She had one all along, but no one knew."

Jurvetson said she's hopeful the news will help provide authorities with leads or fresh information.

"My little sister was savagely killed," the Quebec woman wrote in a four-page testimonial dated April 18.

Anne, now 73, had been in contact with the LAPD since 2015, when Reet's friends saw a post-mortem picture, noticed a resemblance and alerted her.

A DNA match positively identified Jurvetson as Jane Doe No. 59, whose corpse was found Nov. 16, 1969, by a birdwatcher in dense brush off the iconic Mulholland Drive. She had been stabbed 150 times and didn't have identification. But the location and timing of the killing just a few kilometres from the site of several Manson family murders long fuelled speculation that Jurvetson's case was connected.

Los Angeles police Det. Luis Rivera told People Magazine, which broke the story, investigators can't rule out the Manson family's involvement in the killing.

Charles Manson achieved notoriety in 1969 as the leader of a "family" of young killers who terrified Los Angeles. He was convicted of killing seven people, including pregnant actress Sharon Tate, the wife of director Roman Polanski.

Rivera told The Canadian Press there is nothing firm as of yet that would allow authorities to connect the slaying to the Manson clan.

THE CANADIAN PRESS

FINANCE

Corporate use of tax havens up

Corporate Canada increased spending in its 10 favourite tax havens by 17 per cent in 2015, according to new figures on direct foreign investment released Tuesday by Statistics Canada.

Canadians for Tax Fairness crunched the numbers and found that Canadian corporations invested almost $40 billion last year in the Top 10 tax haven destinations for Canadian capital — taking investment totals since 1990 to $270.2 billion.

Barbados has been the top destination, attracting $79.9 billion in total while seeing its numbers climb 14 per cent in 2015. Four other countries in Canada's Top 10 — Cayman Islands, Bermuda, Switzerland and Hong Kong — all saw year-over-year increases of at least 34 per cent last year.

"The money doesn't just stay there, it goes on to somewhere else," Dennis Howlett, the CEO of the Tax Fairness advocacy group, said in an interview.

"But (corporations) route it through tax havens usually because there are tax advantages for doing so. The returns on the investments get booked in the tax havens so then companies don't have to report it as profits in Canada."

The direct foreign investment figures released Tuesday don't include the billions of dollars that individual Canadians appear to have socked away offshore.

The parliamentary budget office is currently in a battle with the Liberal government over access to tax information that would help it measure the "tax gap."

The long-standing issue has been thrust into the international limelight again by the release of the Panama Papers, more than 11 million leaked documents that detail offshore accounts in the Central American country. THE CANADIAN PRESS

BOOK

Trans man writes memoir on giving birth, childrearing

Trevor MacDonald

CONTRIBUTED

Meg Crane
For Metro | Winnipeg

It's not common knowledge that men can have babies and breastfeed. But, Trevor MacDonald wants it to be.

MacDonald is a trans man who gave birth to his two children, who are now six years old and eighteen months.

"Because I had chest surgery, I produce a small amount of milk but not a full milk supply, so we had a lot of amazing, amazing parents donate milk, actually for both our kids now," said MacDonald.

As he and his husband drove around Winnipeg picking up donated milk, they realized that what they were doing would make a great story. So, MacDonald started writing his book, Where's the Mother?, set to be released May 24.

The books covers MacDonald's transition, pregnancy and experiences of breastfeeding and finding milk donors.

"I think I wanted to try to get across to people what it really felt like to have this experience of giving birth and breastfeeding as a trans man," he said. "I wanted to provide a real window into that whole experience."

He has a lot of well-intentioned allies, but they don't always understand the right way to treat him or to help. The book, he said, could be part of the answer.

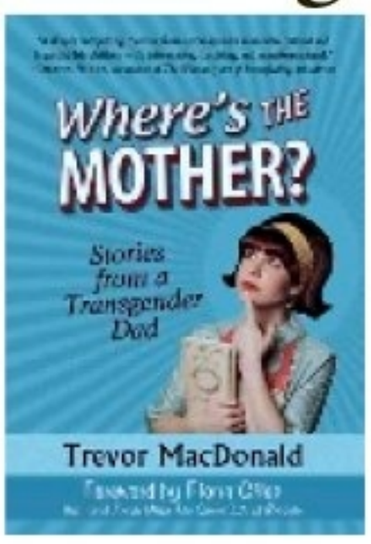
But, putting it together wasn't always easy.

"Sometimes it was hard to go back to moments that had been difficult, but I felt I wanted to explain and wanted to share," he said.

In particular, having to ask people to donate breast milk for his babies was hard and awkward.

On his blog, Milk Junkies, MacDonald often gets questions from people about being trans and pregnant. The book's one way he can answer a lot of those questions in one place.

"I hope that it will lead to a lot more conversations and maybe create some more space for people to be able to talk about trans identities," he said.



PHILIPPINES

Experts seek to identify body

Police forensic experts are trying to determine if the headless body of a Caucasian man that was found by villagers in the southern Philippines was that of a Canadian hostage who was beheaded by Muslim militant earlier this week.

John Ridsdel, 68, was beheaded after the Abu Sayyaf did not receive a large ransom it had demanded by a Monday deadline.

Fellow Canadian Robert Hall, a Norwegian and a Filipino woman who were kidnapped with Ridsdel in September are still being held by the militants, along with about 20 other foreign hostages.

President Benigno Aquino III says that the Abu Sayyaf militants who beheaded Ridsdel may have plotted to kill him and kidnap boxing star Manny Pacquiao.

Aquino says the militants also wanted to explode bombs in metropolitan Manila to try to get funding from the Islamic State group but the plans were uncovered and troops have reduced the group's ability to inflict harm. Aquino, whose six-year term ends in June, says he sent a letter expressing condolences to Ridsdel's family, describing his death as appalling.

He vowed "to devote all my energies" to ensure that the extremists would be "at the very least ... a very seriously degraded problem" for his successor.

While he has forged a peace pact with a larger Muslim rebel group, Aquino said there is no possibility of engaging in talks with the brutal Abu Sayyaf.

"We have always believed in the power of dialogue, development and positive engagement over arms," Aquino said. But he said of the Abu Sayyaf, "You have chosen only the language of force and we will speak to you only in that language."

THE ASSOCIATED PRESS

Trump struggles to explain 'America first' foreign policy

U.S. ELECTION

Front-runner goes for sober tone to appear presidential

Donald Trump strained to lay out a clear vision of his "America first" foreign policy on Wednesday, vowing to substitute hard-headed realism for what he called a post-Cold War era replete with U.S. national security failures.

Yet the Republican presidential front-runner outlined no strategy for how he'd make the United States at the same time a "consistent" and "unpredictable" force in the world. And he didn't appear to allay the concerns of U.S. and international critics — Republicans at home as well as Democrats — who see him as unfit for the responsibilities of commander in chief.

"'America first' will be the major and overriding theme of my administration," Trump declared, echoing motifs from his campaign that is now close to sealing the GOP nomination.

Delivering his lines in a more sober, restrained manner than usual to cast himself as presidential material, the billionaire businessman and reality TV star toned down or omitted several of his most explosive — and oft-repeated — barbs. He made no reference to forcing Mexico to pay for a wall across the nation's Southern border.

Instead, Trump took aim at President Barack Obama's embrace of an Iran nuclear agreement, Obama's failure to eliminate Daesh and other examples of what he termed a foreign policy of "randomness" and "chaos." His criticism extended to Republicans, too, assailing President George W. Bush for the Iraq war.

"My foreign policy will always put the interests of the American people and American security above all else," he said.

+ TED CRUZ

Meanwhile, Republican presidential candidate Ted Cruz tapped former technology executive Carly Fiorina — a woman who he said has repeatedly "shattered glass ceilings" — to serve as his running mate.

The U.S. approach to fighting Daesh will be "strong" under a Trump administration, he vowed, offering no indication of troop levels he might authorize. He intends to ease tensions with Russia while negotiating "from a position of strength," but he wouldn't say what that means for U.S. sanctions punishing Moscow for annexing Ukrainian territory. He said he'd balance America's massive commercial deficit with China "quickly," without a word about tariff policy or existing trade agreements.

Trump also contradicted his own broad-brush approach to foreign policy. He said at one point that the best way to achieve his goals was through "disciplined, deliberate and consistent" policy. Later, however, he exhorted the nation to "be more unpredictable" in how it combats enemies.

THE ASSOCIATED PRESS

MIGRANT CRISIS

Greece builds more camps as deportations continue

Migrants and refugees are seen in these photos at a makeshift camp at the Greek-Macedonian border near the village of Idomeni on Wednesday.

Greece continues to send migrants to Turkey as part of a European Union-Turkey agreement aiming to stop the flow of refugees and migrants across the Aegean to Europe's more prosperous heartland.

Nearly 54,000 people are stranded in Greece after Europe closed its land borders to the migration flow last month. Greece said Wednesday it would construct a further four camps for them, in an effort to gradually clear an impromptu camp.

AFP/GETTY IMAGES & THE ASSOCIATED PRESS

TERRORISM

Paris attacks suspect extradited to France to face charges

Salah Abdeslam AFP/GETTY

The lone known surviving suspect in the Paris attacks was returned Wednesday to the city where Daesh unleashed a night of mayhem and charged with a host of terrorism offences, raising hopes that he may be able to help French investigators trace the pathways of extremists thought to be hiding out in Europe.

Salah Abdeslam was whisked in secretly by helicopter after being transferred from the prison cell in Belgium where he had been held since his capture last month. His lawyer, Frank Berton, described a "muscular operation" that had caught even the attorney by surprise, causing him to rush to join his client at Paris' Palace of Justice.

The 26-year-old faces preliminary charges of participating in a terrorist organization, terrorist murders and attempted murders, attempted terrorist murders of public officials, hostage-taking, and possessing weapons and explosives, French prosecutors said in a statement.

Berton said Abdeslam was being sent to Fleury-Merogis, a massive, high-security prison about 30 kilometres south of Paris, where he will be held in isolation in a special camera-equipped cell until his next hearing on May 20. French Justice Minister Jean-Jacques Urvoas said earlier that Abdeslam would be placed in isolation, watched by guards specially trained to deal with "people reputed to be dangerous."

The return of the last known survivor of the team that carried out the Nov. 13 attacks may help investigators untangle some of the still-unresolved questions about the assault, which claimed 130 lives at cafes, a music hall and a sports stadium. Daesh claimed responsibility for the carnage.

Berton told reporters Wednesday that his client "volunteered that he would explain himself at some later date."

Abdeslam, a French citizen of Moroccan origin, spent four months on the run following the attacks and a month in Belgian custody after being tackled by heavily armed police outside his hideout in the Mollenbeek neighbourhood of Brussels.

Abdeslam's precise role in the attacks has never been clear.

THE ASSOCIATED PRESS

‘Made in Canada’ claims may be false

RETAIL

Moose Knuckles in hot water with Competition Bureau

Models walk the runway at the Moose Knuckles Korea Launching Show at SongEun Art Space on August 30, 2013 in Seoul. GETTY IMAGES

The CEO of the “Canadian” Moose Knuckles apparel company said Wednesday that not all their parkas are made in Canada, after the Competition Bureau filed an application to have them brought before a tribunal for falsely marketing the brand.

“We make some of our parkas in Canada and some in other countries,” said Ayal Twik in an email.

“The coats are clearly marked. One coat would say ‘made in Canada’ on the content label if it was made in Canada and another would say ‘made in Vietnam’ if it was made in Vietnam.

“I believe we are very clear on where our goods are made by putting in a country of origin tags on our coats, and listing them on our website. Many Canadian companies are proud to be Canadian and advertise that fact even if they do not make their goods in Canada,” wrote Twik.

Moose Knuckles winter coats retail on-line and in specialty stores for $600 and up.

The brand was in the news in November, when Sophie Gregoire Trudeau, Prime Minister Justin Trudeau’s wife, wore one of its red-and-black plaid jackets in London.

“The Bureau is seeking an end to what it believes to be false or misleading ‘made in Canada’ representations,” according to a release from the Competition Bureau.

The Moose Knuckles parkas are mostly manufactured in Vietnam and elsewhere in Asia, according to the Bureau, which filed an application with the tribunal on Wednesday.

Only the finishing touches, such as adding the trim, zippers and snaps are done in Canada, according to the Bureau. The bureau is seeking a penalty of $4-million for the company and unspecified compensation for consumers.

The bureau launched an investigation following a complaint, spokesperson Phil Norris confirmed.

He would not say whether it was a consumer or a competitor.

The application will be considered by the Competition Tribunal, which is essentially a court for competition matters. Each side will present its case and evidence will be reviewed, said Norris. He could not say how long that might take.

TORSTAR NEWS SERVICE

FOOD

More chicken in your McNugget

Like the indestructible Twinkie, Chicken McNuggets are practically a culinary punchline, a symbol of hyper-processed fast food with a list of ingredients that reads like a chemistry exam.

But now McDonald’s wants to take at least some of the mystery substances out.

The world’s biggest hamburger chain says it is testing a version without artificial preservatives.

It’s the latest move by McDonald’s to try to catch up with changing tastes and turn around its business.

McDonald’s said it began testing the recipe in Oregon and Washington. ISTOCK

The new McNugget recipe is “simpler,” and “parents can feel good” about it, the company said.

While McDonald’s did not give full details about what is or isn’t in the test recipe, it said the new McNuggets do not have sodium phosphates.

Also, the McNuggets will not be fried in oil containing the artificial preservative TBHQ.

Chicken McNuggets have become an mocked symbol of heavily processed fast food since they were introduced in the 1980s.

The breaded and fried nuggets are made of ground-up chicken rather than intact chunks of meat and are delivered to stores frozen.

The company said it began testing the new recipe in about 140 stores in Oregon and Washington in March. The test was first reported by Crain’s Chicago Business.

As people pay closer attention to food labels, companies across the food and drink industry have adjusted recipes to remove ingredients that may sound unappetizing.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, April 28, 2016

EMMA TEITEL ON THE DANGERS OF UBER

If you're a young woman who travels alone, the argument that one form of transportation is disproportionately more dangerous than another is unconvincing.

Two years ago, when I downloaded Uber, the American ridesharing service that's uprooting conventional transportation one complimentary water bottle at a time, safety was not at the top of my mind.

Uber was a godsend that ferried me to and from bars and appointments quickly and cheaply in the dead of Canadian winter.

But safety was — and still is — at the top of someone else's mind: my mother's.

To this day, every time I open the app in her presence, she wants to know: "Why do you trust Uber?" "And what is UberX, anyway?"

I try to explain that the latter is not a naughty version of the former (it's just cheaper) but my mom's mistrust of the ride-sharing service remains intact.

"Who knows who is driving you around?" she asks.

To which, I usually respond: "Actually, I do. His name is Vlad. He drives a Toyota Camry."

But she's adamant: "Take a taxi. I'll pay for it."

(I have a theory that conventional cabs have Uber-wary moms to thank for at least 15 per cent of their current business).

The question is: are Uber-wary moms needlessly paranoid or are they actually right to shun the New Lift Order?

Is there something uniquely dangerous about UberX, particularly for women? Lately, to my mom's credit, it appears there is.

On Tuesday, police in York Region, outside of Toronto, announced that they are investigating an alleged assault associated with the service; a woman said an Uber driver sexually assaulted her.

This allegation is not an anomaly; dozens have been reported across North America in recent years. In September, a 25-year-old woman in Toronto alleged that her driver assaulted her. In Los Angeles this year, a man was arrested after he allegedly posed as an Uber driver, lured a woman into his car and sexually assaulted her.

Even though Uber can't be directly blamed for this latter incident, the service provided good cover for a violent criminal act.

And women aren't the only alleged victims. In February, an Uber driver in Michigan shot six people to death in one evening, picking up and delivering fares in between killings.

But I'm not convinced, despite prophecies of doom from a terrified cab industry, that Uber is the spawn of transit Satan.

There is plenty wrong with the service — a culture of secrecy around its safety record and, according to many of its employees, a history of underpaying drivers.

Among the charges levelled at Uber is that it's unsafe for women. Well, what form of transportation isn't? GETTY IMAGES

But almost everything that Uber has been accused of safety-wise in recent days, holds just as accurately for taxis.

In 2014 a Halifax cabbie was convicted of sexually attacking a female passenger.

And far as the claim that cabbies everywhere are invariably both better regulated and screened, between 2014 and 2015, 100 drivers with known criminal records (including convictions for drug dealing and offences barring them from driving) were licensed by taxi companies in the U.K. jurisdictions of Liverpool and Sefton.

On a personal note, I have been made to feel uncomfortable by both taxi and Uber drivers.

The former have expressed — unsolicited, and on more than one occasion — their opposition to same-sex marriage, while the latter have remarked, questionably, on my personal habits.

There was, for instance, the Uber driver who dropped me off one day at a waxing salon.

"Your boyfriend must be pretty stoked about your appointment today," he said, clearly presuming I was there for a Brazilian wax; I was getting my moustache removed.

All this is to say, if you're a young woman who travels alone, the argument that one form of transportation is disproportionately more dangerous than another is unconvincing.

Uber may not be a bastion of safety but I doubt it is any more hazardous than a conventional cab, or at other times, a walk down an unlit street. (Or for that matter, a well-lit one).

What it is, however, is new. And new things scare us.

But despite the cash-free ride and the slick marketing, it's an old idea: in the name of convenience we entrust our lives to people we have not met before, and we hope for the best.

Taking a ride with Uber or an old-fashioned cab, we're flouting a piece of classic advice from my mother, and yours: "Never get into cars with strangers."

I'm not convinced, despite prophecies of doom from the cab industry, that Uber is the spawn of transit Satan

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

Labiaplasty trend shows vagina shame is real — and really preventable

Oh, vaginas.

We love to ogle them (Game of Thrones is practically addicted) — except, not them, per se, so much as the kind that resembles the pale, U-shaped nothingness between Barbie's legs.

If we were that keen to look at all vaginas, girls in the U.S. might not be seeking plastic surgery for medically questionable labiaplasty, which isn't even recommended for adult women by the Society of Obstetricians and Gynecologists of Canada.

The procedure alters the look of women's genitals generally for the sake of altering the look of women's genitals. It has not been proven to increase pleasure, and could actually reduce it via scarring, according to the American College of Obstetricians and Gynecologists. "Vaginal rejuvenation" sold to older women is pure marketing fantasy, the SOGC says. And while the procedure is sometimes done to relieve labia pain (yes, a thing) it's rarely advertised that way.

Perhaps that's why last year saw an 80 per cent increase in the number of girls under 18 who got labiaplasty in the U.S. (400 in total), according to the American Society for Aesthetic Plastic Surgery. To combat the rates of labiaplasty in both countries, gynecologists are being told to offer counselling to patients — especially young patients — and to help women appreciate their own anatomy. In other words: Women don't know enough about their vaginas to know what normal looks like.

The fact is, vaginas are more varied than apple species. They have more diversity than a Liberal cabinet. And they do not all look like taut hammocks.

I'm embarrassed to say, I had no idea how different they could look until I came across an artist who makes casts of women's vaginas to convince them their bits look good. All the shapes and sizes genuinely shocked me, but why wouldn't they? The vagina in pop culture is more uniform than the houseplant.

Perhaps if we showed that variety and talked about how vaginas function (did you know the labia change during pregnancy and menopause?), we might not have this labiaplasty problem.

Instead, the idea that vaginas are gross/dirty/unspeakable endures. Women are still marketed vaginal wipes (penises being perpetually fresh). Trolls demean women with the C-word. Donald Trump slags Hillary Clinton's "woman card," reduces her entire campaign to her vagina, and it's no compliment.

I'm not smitten with the love-your-body-movement, which sets a sky-high bar for self-worship. But I could get behind a love-your-vagina spinoff, especially one targeted to girls. After all, what's the point of growing up in Internet age, if not to finally free the V?

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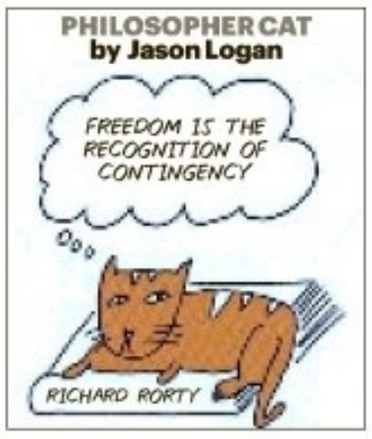
PHILOSOPHER CAT
by Jason Logan



Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Punk mainstays NOFX land on NYT bestseller list with Hepatitis Bathtub and Other Stories

BOOK EXCERPT **EPIPHANY: A CHRISTIAN'S CHANGE OF HEART & MIND OVER SAME-SEX MARRIAGE, BY MICHAEL COREN**

'I spoke of unconditional love'

Michael Coren is a well-known author, radio personality, columnist, Metro contributor and speaker, who, until last year, was considered a champion of social conservatism in Canada.

Coren has had a profound spiritual and personal change of heart. His book, Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage, is an examination of how and why that happened.

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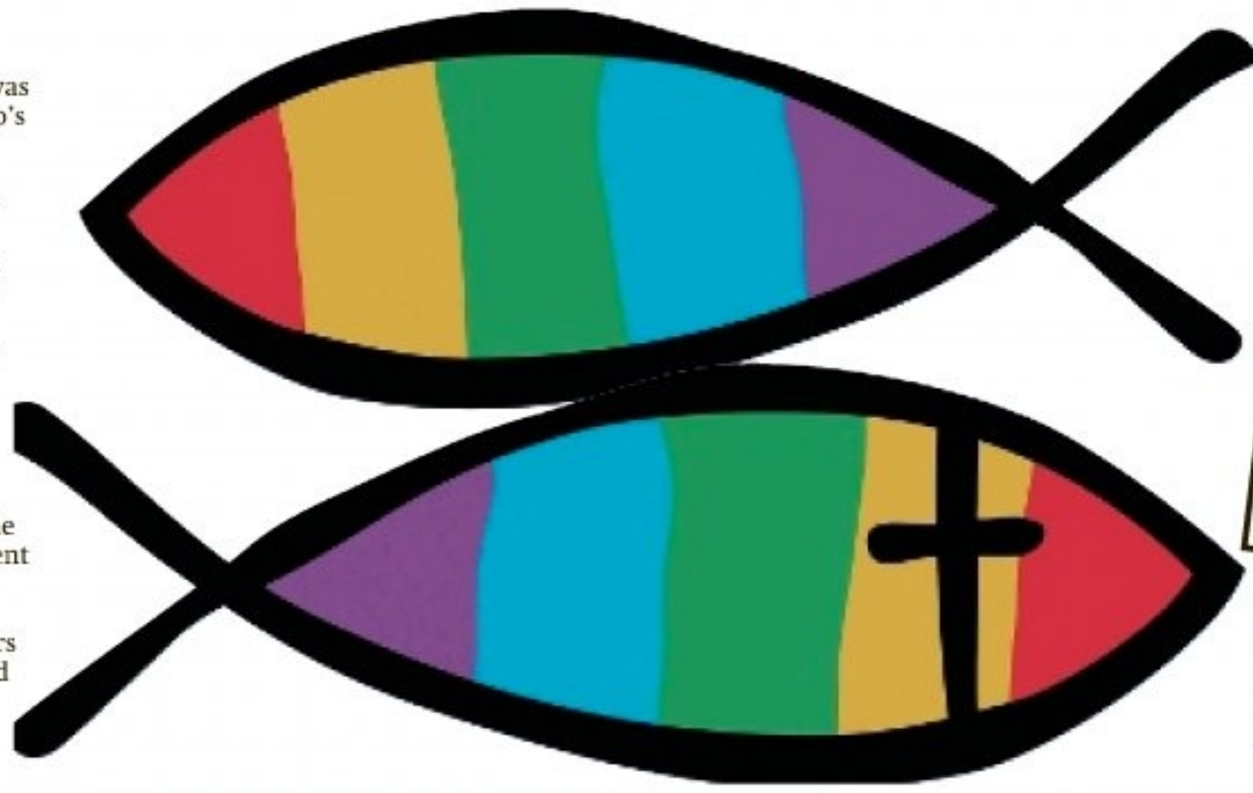
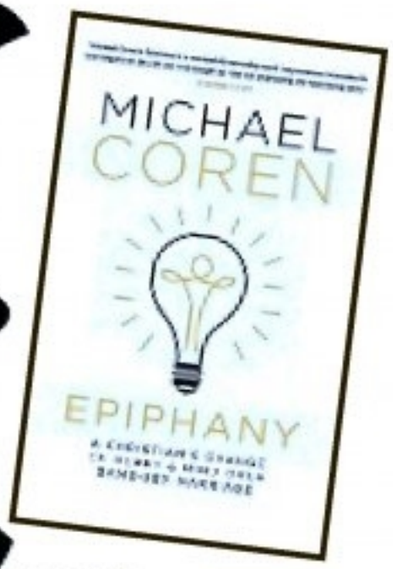
In the summer of 2015 I was asked to preach at Toronto's Metropolitan Community Church (MCC). MCC is not exclusively gay but its central theme, its charisma if you like, is outreach to LGBT people, and in all of its many international branches it is at the heart of the struggle for full equality. Indeed, in Toronto its leader, Brent Hawkes, is one of the most high-profile, visible, and eloquent leaders of the gay community. It was Brent who invited me to speak at the church — we had known each other for years because we often appeared on opposing sides on television and radio panels; neither of us ever thought we'd be embracing, close to tears, in front of the altar of his church. I'd spoken to hundreds of groups for more than a decade and hadn't felt nervous for a long time but was most definitely nervous this time. How many of these people had I hurt, how many had lives made more difficult by my writing and broadcasting? I'd never hated but I had given an intellectual veneer to the anti-gay movement, had enabled — even unintentionally — some muddy bigotry. Yes, I was nervous, and a little ashamed.

There were two services, with a combined congregation of around seven hundred men, women, and some children. And as I walked in on that hot, rainy morning, I was sensing no condemnation, no cynicism, no grudges. As an emotionally constipated Englishman, I was several times close to weeping as I witnessed a feeling of authentic Christian community that I have, with all due respect, not always found in mainstream church settings. I saw collectives of warmth and support, groups of people from various ethnicities, backgrounds, sexualities, and experiences united in acceptance. After so many months of abuse, accusations, and firings, my sense of liberation was exquisite. I told them that as a straight man who had reversed his position on gay rights and equal marriage, I had recently experienced a glimpse of a shadow of a whiff of what it must be like to be a gay Christian. I said that some of the finest Christians I had ever met had been people who were gay and had remained true to Jesus Christ. I said that remaining Christian in the face of hostility and even vitriol was an indication of an enormous depth of faith and was a living, fleshy example of a glorious mystery.

I spoke of unconditional love, of what scripture actually said about sexuality rather than the popular and misguided caricature of Biblical truth that we are so often offered. I said that the only absolutes were grace and love.

Never has a standing ovation felt so true, so good, and so pure.





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NEW SERIES

Contemporary authors take a stab at rewriting Shakespeare

There's an interesting twist in Margaret Atwood's reworking of Shakespeare's The Tempest, Louise Dennys is saying.

"She's basically reset it completely in the modern world," says Dennys, executive vice-president of Penguin Random House Canada.

She asked her friend Atwood to take part in the Hogarth Shakespeare project, aimed at getting some of our most prominent modern authors to reimagine Shakespeare's work for today.

"She's just completed it. It's so good. It's just great. I mean, she's so clever and contemporary and her characters are so rich."

Penguin Random House has released the cover of Hag-Seed, as Atwood's version of The Tempest is called, and she's just handed in the manuscript, so her contribution to the project is top of mind.

"She has managed to incorporate the theatre into it in a very real way," Dennys says.

Which, of course, makes the whole thing that much more intriguing. The Hogarth Shakespeare project was started by Dennys and two of her international colleagues — one in the U.K. and one in the U.S. — as a way of marking the 400th anniversary of William Shakespeare's death and introducing his work to a new generation.

They've signed a number of well-known writers who will do "cover versions" (as author Jeanette Winterson put it) of Shakespeare's plays that will be rolled out over a five-year period.

While we'll have to wait until Oct. 11 to see Atwood's reboot, two of the other titles have already come out: The Gap of Time, Winterson's rework of The Winter's Tale, and Howard Jacobson's Shylock Is My Name, which is, as the title hints, a reset of The Merchant of Venice.

Anticipation is already high for American writer Anne Tyler's effort, Vinegar Girl, a retelling of The Taming of the Shrew that comes out in June.

"Anne Tyler taking on The Taming of the Shrew I think is really brave . . . it's a very controversial novel in modern times. Because Kate, the "shrew" who stands up against her husband, eventually gives in."

The modernizing comes, Dennys notes, in the way Tyler deals with the relationships and the characters. Some of the choices expected out in 2017 seem inspired: Gillian Flynn of bestselling Gone Girl fame is taking on the bloody tragedy Hamlet; Jo Nesbo, the noir thriller writer, has chosen Macbeth; Tracy Chevalier, who you'll remember from Girl With a Pearl Earring, is taking on Othello while Edward St. Aubyn is doing King Lear. Eventually, Dennys says, they hope all of Shakespeare's work will be retold in this way.

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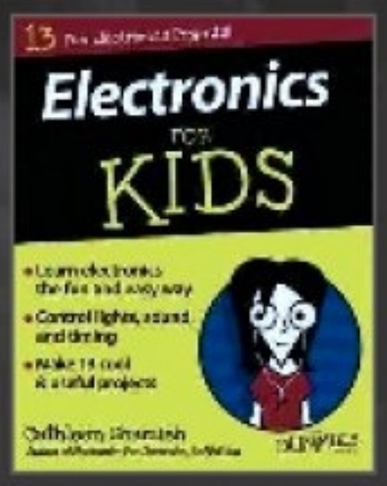

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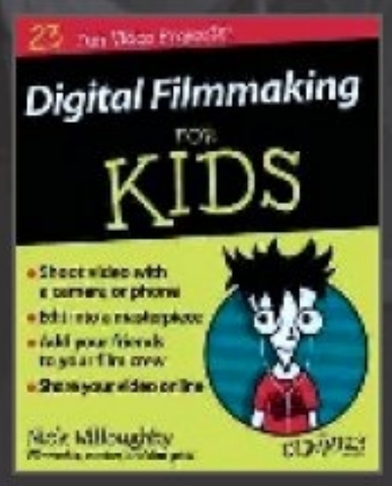

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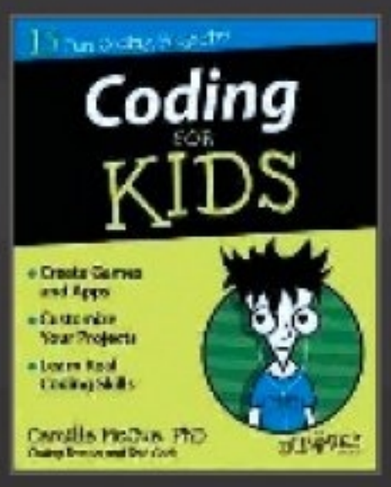

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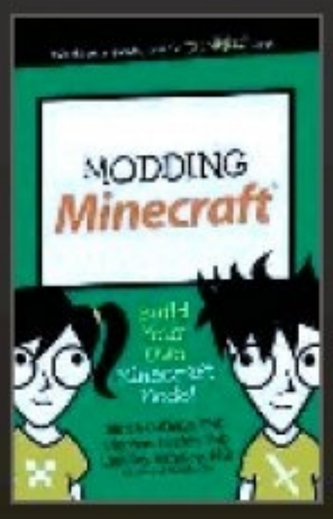

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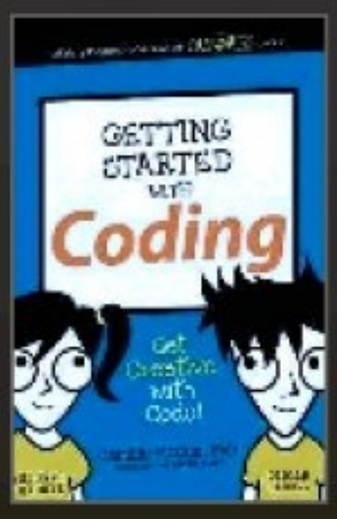

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Who is Becky with the Good Hair?

Since Beyonce dropped her visual album Lemonade, internet sleuths have been trying to figure out who the mysterious "Becky with the good hair" is. Here, the prime suspects. **TORSTAR NEWS SERVICE**

Rita Ora

Evidence: The Jay Z protégé Snapchatted herself in a bra with illustrated lemons on it while wearing a "J" pendant. She then Single White Female-ed Beyoncé by wearing the same Gucci jumpsuit from Bey's Formation video.
Hair: Fabulous
Is she Becky? Actually, we're pretty sure she thinks she's Beyoncé.

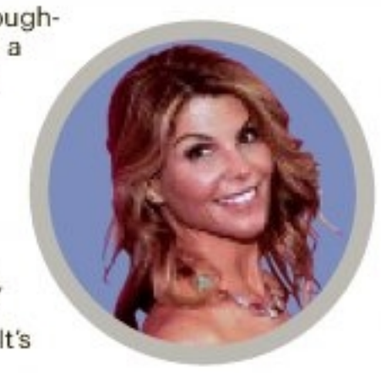
Mya

Evidence: When asked by TMZ if Beyoncé was digging up old rumours that Mya had an affair with Jay Z, the Lady Marmalade singer declared herself "not guilty."
Hair: Well, in TMZ's video it's in a ponytail under a baseball cap, so . . . exonerated?
Is she Becky? No way — don't pull Mya into this, TMZ!

Iggy Azalea

Evidence: Iggy volunteered that she had been called out as Becky in the past, but it had nothing to do with Jay Z. "Generalizing any race by calling them one stereotypical name for said race, I personally don't think is very cool," she tweeted, adding, "Do you know how many times ppl have called me BECKY?"
Hair: Becky-ish
Is she Becky? The Becky? No. A Becky? Arguably.

Lori Loughlin

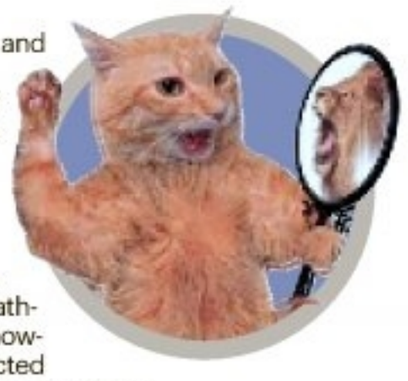


Evidence: Loughlin retweeted a meme of her Full House character, captioned "Becky . . . with the good hair," commenting, "wasn't me!"
Hair: Good? It's great!
Is she Becky? She will always be Becky, but something tells us that if Jay Z was only binge-watching Fuller House, Beyoncé wouldn't be wielding a baseball bat.

Everyone

Evidence: A source told Page Six that "Becky with the good hair" is "many girls" that Jay Z has strayed with, all of which, presumably, had overpoweringly beautiful hairstyles.
Hair: Every hairstyle of the rainbow.
Are they Becky? Like the killers in Scream, it wouldn't surprise us if there was more than one.

You



Evidence: Go and pick up another bottle of that shampoo, because you are "Becky with the good hair"! Or so goes the logic of Beyoncé's father Matthew Knowles, who deflected lyrics suggesting that he hit Beyoncé with a strange interpretation. "Can I tell you who she's talking about? She's talking about you," he told E! News. "You put that in context for you personally. She's talking about you and everybody that is you, that's who she's talking about."
Hair: It's good . . . just like in the song!
Are you Becky? If you have to ask, it's too late.

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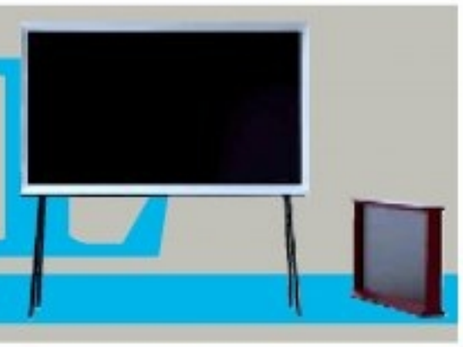
Your essential daily news

French Bourroullec brothers team up with Samsung on stylized TVs



MEET THE CONDO

GREYSTONE VILLAGE

History meets sustainability

CONTRIBUTED

Project overview

Greystone Village is a new housing community on the grounds of a heritage Catholic seminary in Old Ottawa East that incorporates history with a new modern style. The 26-acre site accommodates 900 models that range from singles to towns to condo units. The houses will be conveniently close to on-site shops, pedestrian-friendly roads and a central plaza.

Housing amenities

The homes are designed to make the most of natural light, with modern, urban-style exteriors. The houses come with varying features, such as granite or quartz countertops, oak hardwood floors and Energy Star qualifications.

Location and transit

Between the Rideau River and Rideau Canal, Greystone Village is built for pedestrians. The prime location offers a multitude of shopping options and easy access to the airport and transit system. There are also several schools and hospitals in the area, as well as entertainment options like museums, theatres and the TD Place.

In the neighbourhood

Greystone Village's focal point is the Edifice Deschâtelets — a religious centre for the Oblates Catholic order which was built in 1885. The neighbourhood is still heavily characterized by its history, and the site aims to blend old with new.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: Greystone Village
Builder: The Regional Group/eQ Homes
Designer: Barry Hobin
Location: Off of Main Street
Building: A collection of singles, towns and condos
Sizes: Towns: 1,479 sq. ft. to 1,872 sq. ft. Singles: 1,701 sq. ft. to 3,398 sq. ft.
Pricing: Starting in the $300,000s
Model: Two to three bedrooms, two to 2.5 bathrooms.
Status: Now selling
Occupancy: Likely April 2017
Sales centre: 175A Main St., Ottawa
Phone: 343-700-4176
Website: greystonevillage.ca

TIPS

Maximize outdoor space with colour, plants, lighting

Shelter magazines this time of year are fond of featuring expansive outdoor spaces with sprawling gardens and entertaining areas.

But for many people, especially city dwellers, the at-home al fresco area is more postage-stamp than palatial.

Not a problem, says Katy Kiick Condon, a senior editor at Better Homes & Gardens magazine. She advises using the same space-saving tricks outdoors that you do indoors.

Think of the terrace as an extension of the kitchen or living room. "Try using the same colour scheme and styles. The continuity will visually combine the spaces, and make your terrace feel larger," Condon says. "Outside, you can punch up the colours, and be a little more playful with art and decor."

New furniture designs for 2016 take into account the challenges of limited space, says Jackie Hirschhaut, executive director of the International Casual Furnishings Association's outdoor division.

"Manufacturers have created compact, functional furnishings that add style and comfort to even the most pint-size patios," she says.

Some manufacturers have started producing "balcony height" chairs and tables for the outdoor market; they're tall enough that you can see over the railing, but not so tall that you could fall over it.

If you're more into lounging than dining outdoors, forgo a table for one or two comfy chaises or chairs. Look for colourful, folding Adirondack chairs made of recycled, durable synthetic wood.

To add some interesting light sources, hang a pendant over a table or change existing sconces, advises Condon.

"With the improvements in solar- and battery-powered lights, there are tons of options that don't require hardwiring," she says.

Add some art to your "indoor-outdoor room": look for maps, photos or vintage ads that reference your home's location.

As for window treatments for terrace doors; outdoor fabrics have improved, feeling and looking more like interior textiles.

"Build up, not out," Condon says. Use vertical space by bringing in tall potted plants, hanging planters from the ceiling or creating a screen of planters. Look for colourful, pattern-rich umbrellas that tilt and shift.

But what if you've really got no room for any furnishings, and no view either?

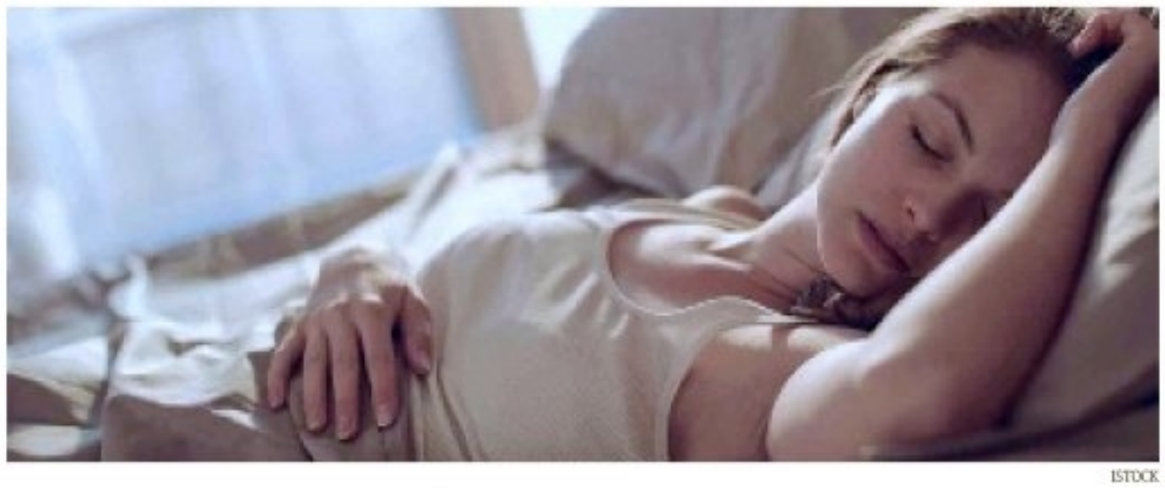
"If the best part is just 10 square feet of fresh air, add a gorgeous runner and find some plants to breathe it in with you," Condon advises.

THE ASSOCIATED PRESS

You can take more risks with brighter hues outdoors.
GLOSTER

HEALTH AND WELLNESS

A better sleep for a healthy life



ISTOCK

Deep, restorative sleep is essential to our well-being — and yet for so many people, the nighttime is a long and frustrating period of lying awake.

A Statistics Canada report concluded that as many as 3.3 million Canadians aged 15 years and older have trouble getting to sleep and staying asleep. Insomnia afflicts one in every seven people and 18 per cent of them report less than five hours of sleep per night.

Is this your experience sometimes, or all the time? "If it happens too often, a big improvement may be yours with just a few lifestyle changes," says Sue Rainville, director of marketing for Hunter Douglas. "And today, there are also some innovative furnishings and fixtures to promote better sleep such as light- and noise-blocking solutions. All our window treatments, for instance, provide a measure of light control but some products offer more room-darkening benefits than others, so be sure to ask."

A key consideration in coverings, says Rainville, is the fabric or material type and colour. Sheer fabrics typically soften and filter sunlight, while semi-opaque and opaque versions almost completely block it out.

And for better sleep, she says, pay attention to this:

Bedtime Schedule: Go to bed at the same time and rise at the same time to establish a consistent sleep-wake cycle. Soon you'll find yourself waking up naturally without an alarm clock.

The Bed: If you wake up with a sore back or aching neck, chances are you need to invest in a new mattress or try a different pillow. You may also be inadvertently sabotaging your sleep cycle if you work in bed before turning out the light. The brain may resist the switch from work to sleep.

Light: The best window treatments are those that dim exterior light. The Duette Architella line, for example, features opaque honeycomb shades designed to significantly reduce heat transfer at the window and serve as an excellent light-dimming tool. The darker the room, the better you'll sleep.

Eating and Drinking Habits: Big meals at night take a lot of work to digest keeping you awake, whereas a light snack may promote sleep. And, with fluids like coffee, did you know that the effects of caffeine can cause sleep problems up to 10 hours after your last drop? Switch to caffeine-free beverages instead.

Silence: Noise is one of the most disruptive factors and has a way of easily infiltrating our private spaces. Ask about sound-absorbing window treatments, like the popular Vignette Modern Roman Shades, designed with rear fabric air pockets to trap and absorb sound energy.

Vein clinic offers non-surgical treatments

If you're experiencing pain or a burning sensation in your legs, numbness, heaviness or fatigue, you could be suffering from varicose and spider vein problems.

Varicose and spider veins affect nearly 60 per cent of the population and, thanks to hormonal factors, the condition is three times more common in women than men. Varicose and spider veins occur when the vein wall loses its elasticity and the pumping valves stop functioning properly.

Experts agree, the best way to treat a potential problem is through early diagnosis.

"Early treatment will give you better results," says Dr. Lucie Beaupré of Dr. Beaupré Vein Clinic. "Sometimes spider veins are a sign of something more serious that the patient should be seeking treatment for."

When it comes to treating varicose veins, no doctor in the Ottawa area is more qualified.

Since 1978, Dr. Beaupré has treated, or supervised the treatment of, more than 100,000 patients. She is a member of both the Canadian Society of Phlebology and the American College of Phlebology and the first doctor in Ottawa to be certified by the American Board of Venous and Lymphatic Medicine.

Her clinic was also the first in the province to perform ultrasound guided sclerotherapy for treating large veins without surgery. The procedure involves a solution injected into the varicose veins. Within a few weeks, the veins disappear completely.

ISTOCK

Almost any type of varicose vein disease can be treated with sclerotherapy. For more information, visit drbeaupreveinclinic.com.

ISTOCK

HEALTH IS MORE THAN SKIN-DEEP

Skin is often overlooked as a health indicator, but skin problems can show deeper underlying issues that should be addressed. For example, acne can be an indicator of imbalanced hormone levels, rashes and dry skin can point to food intolerances and environmental allergies, and having multiple skin tags can indicate insulin resistance.

Ottawa's NutriChem Compounding Pharmacy and Clinic specializes in testing to determine root causes of common health problems such as these. Kent MacLeod, clinical pharmacist and owner, says: "Imbalances in body chemistry contribute to a wide range of physical, mental or emotional symptoms. Something as seemingly simple as acne is usually pointing to another issue."

One of the tests that NutriChem offers is the Body Chemistry Balancing (BCB) Test, which analyzes over 50 biochemical markers through blood and urine samples. Using the results of that test, a clinician can determine what may be causing the symptoms on the skin, then recommend nutritional and supplementation protocols to help the underlying issues. Other tests that they offer are the popular 200+ Foods allergy test, and various tests to assess sensitivity to dairy and gluten.

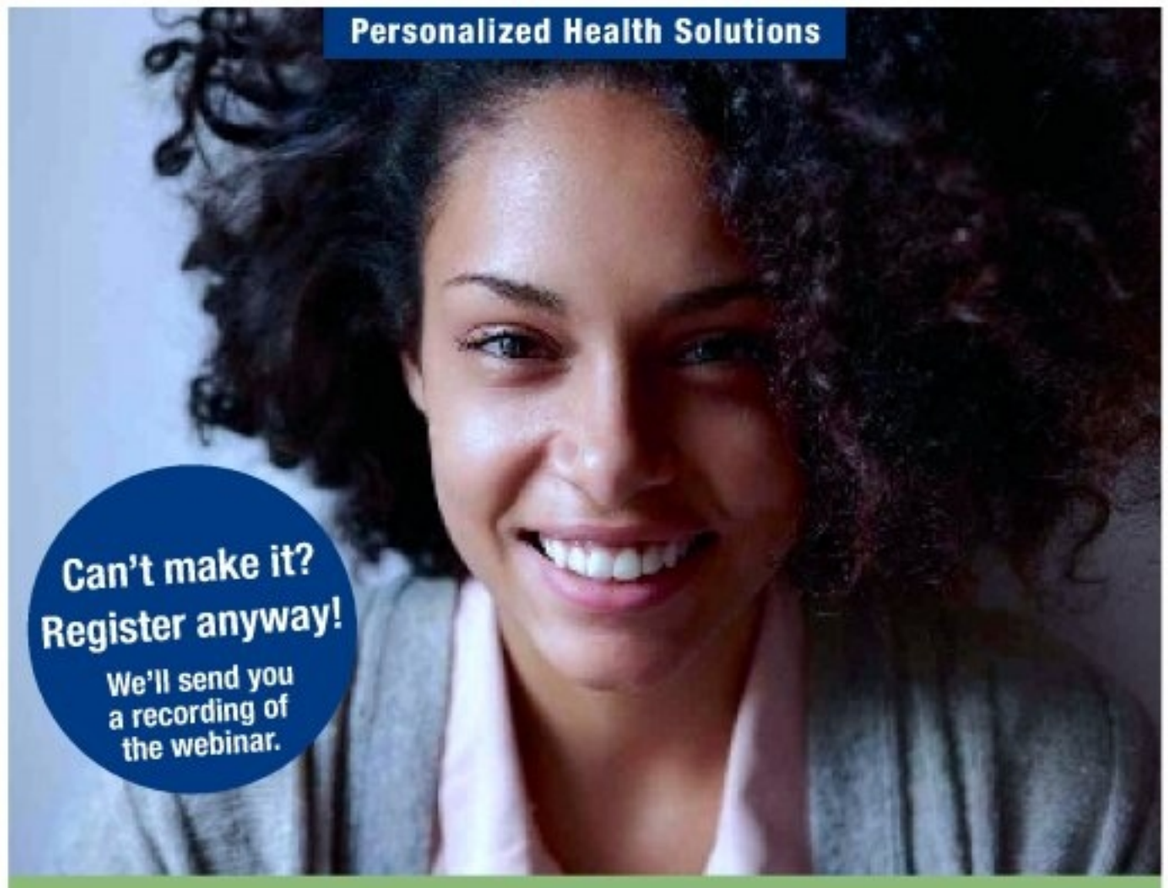
Julia Davie, one of NutriChem's registered holistic nutritionists, has a balanced way of looking at skin care. "Taking care of your skin needs to be a two-pronged approach: you need to use the right products on the outside while supporting it from the inside."

The first step to taking care of your skin is to use gentle, fragrance-free cleansers and moisturizers. "We always recommend organic products for the skin," says Davie. Using tea tree oil, apple cider vinegar, lavender oil or witch hazel as a toner is a natural way to help kill bacteria and other microbes that contribute to acne.

A proper diet is also an important factor for optimal skin health. "People underestimate the power of eating plenty of fruits, vegetables, whole grains and lean proteins, as well as drinking plenty of fresh water," says Davie. "These, combined with adequate sleep and stress management go a long way to having healthy, glowing, young-looking skin."

Some supplements that help support healthy skin include vitamin C, collagen, probiotics, omega-3s, and products that help support proper liver function.

More information on this topic will be available at NutriChem's webinar in May. Visit either of NutriChem's two Ottawa locations, or go to nutrichem.com to learn more.



Healthy Skin from Within: Support the Health of Your Skin Naturally!

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Do you have an upcoming event that you'd like to prepare for?

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Presented by: Julia Davie, NutriChem's Registered Holistic Nutritionist

WEBINAR

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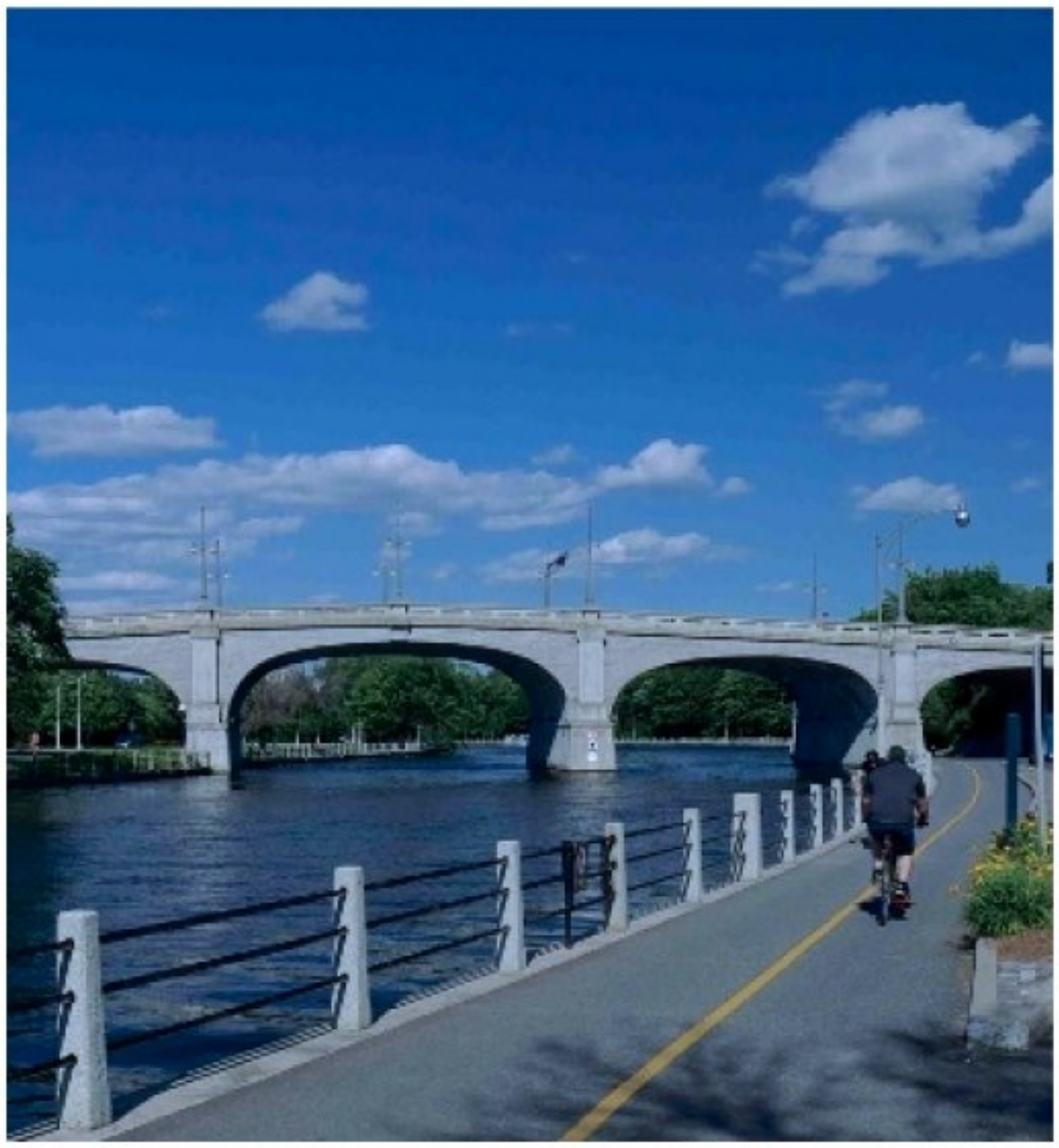

Old Ottawa South neighbourhoods keep their small town charm during growth. WIKIPEDIA

OLD OTTAWA SOUTH

Walkable neighbourhood known for heritage homes

Jen Traplin

Along the banks of the Rideau River lie unique Ottawa neighbourhoods as rich with history as they are with modern amenities.

Old Ottawa South — located between the Rideau Canal to the north, the Rideau River to the south, Avenue Road to the east and Bronson Avenue to the west — is home to hundreds of designated heritage properties and boasts more than 6,000 residents.

The area is known for its walkability as a variety of stores and businesses, the majority of which are locally owned, line the main strip along Bank Street.

About 20 kilometres away from Old Ottawa South, in the rural southern part of the city, is Manotick, home to roughly 4,500 people. Manotick was founded by Moss Kent Dickinson and Joseph Currier, who built an old-stone mill on the shores of the Rideau River. Watson's Mill remains Manotick's most recognizable landmark and is still open to the public.

Twenty minutes south of Manotick is the township of North Grenville (just outside of Ottawa), where its largest community, Kemptville, continues to expand — both in terms of residential and commercial growth — while still maintaining its small town charm.

Ottawa *South*

Transportation: Old Ottawa South is well serviced by OC Transpo. There are a number of major bus routes, as well as easy O-Train access. There are also plenty of 'VirtuCars' available for those who prefer to drive but don't own a car. Manotick is also serviced by public transportation, though not as heavily as Old Ottawa South. There is a major Park and Ride in Manotick, making it easy to commute to and from the downtown core. Kemptville lies off Highway 416 just outside of Ottawa. Through its Rural Partner Companies, OC Transpo provides bus service to the area.

Shopping: Old Ottawa South is one of the most varied shopping districts in the National Capital Region. Not only is the area within walking distance of the Shops at Lansdowne, its bustling main drag, Bank Street, boasts a number of locally owned specialty stores ranging from toys and antiques to second-hand clothing and kitchens, all within short walking distance. The same vibe carries over to Manotick Main Street, which features a number of unique shops and street front cafes. Further south, Kemptville remains the shopping capital of North Grenville. On top of its specialty shops and dining options, a number of big-box stores have recently opened in Kemptville.

Schools: Old Ottawa South is home to some notable schools, including Glebe Collegiate Institute, the largest public secondary school in the region, and Hopewell Avenue Public School. There are four elementary schools in North Grenville, as well as two high schools: North Grenville District High School and St. Michael Catholic High School. There is only one public elementary school in Manotick, which teaches kindergarten through Grade 5 in English and French. There is also a Catholic elementary school and a Catholic high school. South Carleton High School, located in Richmond, is the primary public high school for Manotick residents.

Entertainment: Old Ottawa South is home to the beloved Mayfair Theatre, one of just two remaining neighbourhood theatres in the City of Ottawa. Across the street is House of Targ, a beloved venue for live music, pinball and perogies owned by three local musicians. There are also several pubs in the area that host a number of popular open mic nights. On top of its many year-round entertainment options, Manotick is the host of a number of annual festivals and events like Shiverfest, Dickinson Days, Harvest Festival and A Taste of Manotick. A new music festival recently launched in Kemptville. This year's Kemptville Live Music Festival takes place from July 22 through 24.

Continued evolution of Barrhaven

The landscape in Barrhaven has been slowly evolving over the past few decades and will look dramatically different with the ongoing development of the CitiGate lands, a 170-acre premier business park at the corner of Highway 416 and Strandherd Drive.

Part of longtime Barrhaven City Councillor Jan Harder's vision for the area is to make it more walkable by offering a wider variety of convenient shopping options as well as higher paying, local employment opportunities so residents don't always have to commute downtown for work.

"We've set the stage for that by approving the CitiGate lands, where we have zoning in place that will allow for more than 7,000 jobs," Harder said.

Andrea Steenbakkers, executive director of the Barrhaven BIA, agrees the CitiGate development is an important step forward.

"While Barrhaven has seen significant residential and retail growth, we now need the third part — employment — to make it a whole, sustainable community," she said.

"We have tens of thousands of skilled workers in Barrhaven who would love to work where they live, not to mention the relief to the city's traffic and transit."

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Old Ottawa South's small town feel

COMMUNITY

Neighbourhood's charm and friendly residents nice for kids and adults

Jen Traplin

When Brenda Lee decided to open a home daycare nearly 20 years ago, she knew Old Ottawa South was the neighbourhood she wanted to be in.

"I was a nanny to a few different families in Old Ottawa South for six years and loved the neighbourhood. There are many home daycare providers there so I knew there would be a support system," she explained.

"There are so many things to do with children in the neighbourhood, between Brewer and Windsor parks, the Sunnyside Library and it's variety of programs, the community centre, wading pools and our proximity to museums, I knew we would always have something fun and educational to participate in."

Over the course of nearly two decades as a resident in Old Ottawa South, and as chair of the Ottawa South Community Association's Special Events Committee, Lee has seen significant transformation in the small, urban neighbourhood.

"There are fewer students in the area than there were 20 years ago. There has definitely been a surge in housing and in the prices of those homes," she said.

"The stores have changed as well from small places to buy beads and incense, garages and gas stations, a St. Hubert, a couple of small Mom and Pop grocery stores and The Folklore Centre, to more pubs and high-end restaurants, specialty shops and coffee shops."

Through it all, Lee says, one thing that has remained consistent is Old Ottawa South's charming, small town feel.

"It is a great community where people say hello to each other on the street, they get involved in community causes, there are parks and activities and events that foster community," she said.

Many of the homes in Old Ottawa South feature architecture from the early 20th century. JEN TRAPLIN

"I grew up in Renfrew and the population of Old Ottawa South is basically the same as Renfrew. It's why I like it — I feel that hometown feel and closeness of neighbours and friends, but I can enjoy the bonuses of the city if I want to."

Kemptville College: A piece of local history

A plan is in motion to save Kemptville College. JEN TRAPLIN

For almost 100 years, Kemptville College has helped train generations of Canadians who earn their livelihood working to provide food for others.

Built in 1917, originally to support and strengthen farming practices in Eastern Ontario, Kemptville College specializes in programs related to agricultural and rural fields.

Nearly 20 years ago, Kemptville College became part of the University of Guelph, as well as the Ontario Agricultural College (OAC), a province-wide network of facilities for teaching and research in agriculture, food, the environment and rural communities.

Two years ago, though, the University of Guelph announced it would no longer offer classes at Kemptville College after all current students had completed their programs this spring. Recognizing the impact that decision would have, not only on the local community but across the agriculture industry as a whole, the province set up a working group to examine the future of the Kemptville campus.

That group includes the municipality of North Grenville, which put together an ambitious plan for Kemptville College.

The community's vision sees the school as a non-profit, multi-tenant education and community hub focused on low carbon innovation and reducing the agricultural impact on climate change.

The group tasked with analyzing the feasibility of the North Grenville's plan, BDO Canada, has endorsed its vision for the re-invented college, calling the plan both sustainable and unique.

BDO's report states: "Kemptville College was originally created to address dramatically declining food production and food security issues in Eastern Ontario through applied education in state-of-the-art agricultural innovation.

Almost a century later, the opportunity exists to renew the College's mandate in applied agricultural education by using new techniques, technologies and state-of-the-art knowledge to address today's threats to the agriculture industry and food security brought on by climate change."

The Municipality of North Grenville will now seek council approval to start negotiations with the province regarding the recovery of assets and the transition of ownership and operations of Kemptville College property and land.

JEN TRAPLIN

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Mill an architectural gem in Manotick

JEN TRAPLIN

For more than 150 years, the mill stones at Watson's Mill in Manotick have been busy grinding wheat into flour.

The mill is the only operational industrial heritage site in the Ottawa region and is still a stunning piece of architecture today. Built from limestone cut from the Rideau River, it's supported by white oak beams and hand-hewn pine ceilings.

"Many architectural journals describe the Mill as one of the best examples of 19th century grist mill architecture in Canada," said Elaine Eagen, programming and visitor experience officer at Watson's Mill.

"Our visitors not only learn about the process, but have the opportunity to see and feel the building and its machinery in action."

Throughout its lifetime, the mill has been owned by three local families. It was founded by Joseph Merrill Currier and Moss Kent Dickinson in 1860. It remained in the Dickinson family until 1928 when it was sold to Alexander Spratt. Spratt's family ran the mill until selling it in 1946 to Harry Watson, who was the last owner to operate the Mill at an industrial level.

Nearly 20 years after Watson purchased the mill, he entered into a lease agreement with the National Capital Commission to open the Mill as a heritage attraction before it was eventually sold to the Rideau Valley Conservation Authority. The conservation authority restored and re-opened it as a functioning grist mill and museum.

Watson's Mill is open to the public during the warmer months and hosts a variety of events. "In addition to our daily guided tours, Watson's Mill provides milling demonstrations on Sundays from 1 to 3 p.m. and our Used Book Store has turned the mill into a social centre for book lovers," Eagen said.

The Mill also hosts the Manotick Farmers Market, Strawberry Socials, wine, scotch and craft beer tastings, Dominion Day Celebrations and the Harvest Festival. Specialized tours and activities for school groups are also available, as well as children's summer programing.

Watson's Mill officially opens for the season on May 21, 2016.

For more information, visit watsonsmill.com.

Watson's Mill in Manotick is also a renowned heritage site. LIAM NORRIS

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REVERSE MORTGAGES

Borrowing from property is a way to ride the tide

Brent Jolly

Recently widowed and with two teenage children living at home, Christine Dodds, who did not want her real name used, was caught in what she calls "financial quicksand."

At 56, she was laid off from her job as a paralegal and had very little retirement savings to tap into. Although there was the possibility of a new job on the horizon, her financial stress was compounded by another family emergency, which left her desperate for cash.

"I needed help," she said. "I've never lived a lavish lifestyle. I've always been frugal, but life just happened."

What Dodds did have working in her favour, however, was that she lived in a home in Toronto that she estimated to be worth over a million dollars. She also wasn't carrying a mortgage.

House rich, but cash poor, Dodds says she realized her best option was to take out a reverse mortgage on her home.

"I was desperate, I was left with little other choice at that point," said Dodds, who got her reverse mortgage through HomEquity Bank's Canadian Home Income Plan (CHIP).

A reverse mortgage is a financial arrangement which provides applicants with a mortgage loan secured against the value of a home. Reverse mortgages are only available to people over age 55 with enough equity in their home to borrow against it.

According to Yvonne Ziomecki, senior vice-president of marketing and sales for HomEquity Bank, customers can get about 20 to 55 per cent of their home's value through a reverse mortgage.

That spread depends on several variables, including the home's location, the client's age, the condition of the property, and its type.

Among the key advantages of taking out a reverse mortgage: customers can continue to live in their home and the money they receive is tax free.

In Dodds' case, she was able to secure a lump sum payment of $300,000, which was the maximum amount she was allowed to withdraw given her age. "Using the equity in my home got me through my time of emergency," she said.

While the choice to take out a reverse mortgage was a virtual no brainer for Dodds, it isn't a financial strategy that should be used liberally, says Sherry Cooper, chief economist for Dominion Lending Centres.

"Reverse mortgages should only be considered as a measure of last resort for a short-term fix," said Cooper. "They should be sought out only when consumers have no other options."

Cooper airs on the side of caution with reverse mortgages as they can be both expensive and difficult for people to fully understand.

With a reverse mortgage you can live in your home and the money you receive is tax free. ISTOCK

Homeowner beware the second time

Only consider a second mortgage in extreme and unusual circumstances, like if you lose your job, or have an illness. ISTOCK

Putting a second mortgage on your home is not a decision to take lightly, says James Laird, president of national mortgage broker CanWise Financial. "The first thing to think about here is whether you should opt for a second mortgage at all," he said.

To be clear, a second mortgage is an additional loan you take out on a property that is already mortgaged. "It's not a completely separate mortgage for a cottage or second home," said Laird.

That makes it riskier for the lender, because if you default on your loan, the home will go into foreclosure. "But the first money out will go to pay back the lender of the first mortgage," said Laird. Only after he has been 100 per cent repaid, "does the second mortgage provider get a single dollar.

"So the holder of the second mortgage is going to be quite concerned that you will not have the money to repay him in full," Laird explained. To compensate for this extra risk, you pay higher fees and interest costs for a second mortgage, and you may have to jump through a few extra hoops. Here's what you need to know before you take the leap.

When should I consider a second mortgage? Only in extreme and unusual circumstances, says Laird, such as when a marriage breaks up, you lose your job, or illness sets in. "It would not be prudent to use it to put a pool in the backyard, or buy a cottage," he said.

Even if your intent is to spend money to make money, by say, putting in a basement apartment to generate income, Laird is leery. "You'd have to look very closely at the cost of the investment versus the potential income generated by the investment," he said. "The rent that you would receive would have to be very strong to cover the cost of borrowing for the second mortgage."

How much will I pay in fees and interest? That's a function of three things: the amount of equity you have in your home (it provides security for the loan), your personal credit (it's an indicator of how likely you are to repay the debt), and your household income (because you can't get blood from a stone).

Unlike in the case of a first mortgage, you'll usually pay a fee of one to two per cent of the loan amount to set up a second mortgage (say $100 to $200 up front on an extra $10,000).

Your interest rate will be considerably higher too — probably between six and 13 per cent, compared to 2.4 to 2.9 per cent for fixed-rate first mortgages. "The higher the risk, the higher the rate," Laird said.

A fairly low-risk borrower in the world of second mortgages, might be someone who has a $50,000 mortgage on a $100,000 home and wants to borrow an extra $15,000 to pay off the credit card. The problem: he has just lost his job. Even with the second mortgage, this borrower still owns 35 per cent of his home outright. "He might get a rate of around six per cent," Laird said.

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metro SPORT

MLB-worst Atlanta was mired in a 15-game home-run drought and had managed only three longballs in 2016 going into Wednesday's action

'I was happy to go to Ottawa'

NHL DRAFT

Management, not the city scared Berard from Senators

Bryan Berard didn't request a trade from the Ottawa Senators because of their location.

Picked first overall by the Senators in 1995, Berard never played a game for the club. He asked to be dealt after his first and only training camp with Ottawa.

"Obviously I asked for a trade out of Ottawa, but it had nothing to do with it being a Canadian team," Berard said. "I was happy to go to Ottawa.

"I think a lot of people, especially in Canada, thought that was the reason."

Berard stands as the only American in NHL history to be picked No. 1 overall by a Canadian team, but he may soon be joined by Auston Matthews. Canadian clubs have a 68.5 per cent chance of landing the No. 1 overall selection at Saturday's draft lottery with the presumptive prize being Matthews, who hails from Scottsdale, Ariz.

Berard insists his decision to request a trade out of Ottawa was due to concerns with the direction of the franchise, led at that time by general manager Randy Sexton. Joining the league as an expansion team in 1992, Ottawa finished last by a mile in its first three seasons preceding the selection of Berard at the '95 draft in Edmonton.

He came to training camp as an 18-year-old defenceman believing he was good enough to make the team. The Senators decided he was going back to play for the Detroit Vipers of the Ontario Hockey League.

Communication between team and player was lacking, Berard said, and after leaving camp a trade was requested and subsequently granted by Sexton's replacement, Pierre Gauthier. Berard believed his development was better served elsewhere, notably with the New York Islanders who swung a trade for him in Jan. 1996.

Noting a prominent fumble with 1993 No. 1 overall pick Alexandre Daigle, Berard said the Senators management just didn't inspire much confidence.

"We didn't think it was the best place, at that time, the best place for a young player, especially a young defenceman, to develop," Berard said.

Berard was booed when he returned to the Canadian capital. He believes the fans mistakenly thought he wanted out of Ottawa so he could play with an American team.

"So really it had nothing to do with that, it was just at that time, it was the franchise and we just didn't like what direction they were heading," the native of Woonsocket, R.I., said. "I look back, some of the most fun I had was playing in Canadian cities, Edmonton, Calgary. It's hockey in Canada, you can't beat it."

Only six Americans have ever gone first overall, Hart Trophy favourite Patrick Kane the most recent of which in 2007. Matthews will presumably join that group soon, likely with one of the seven Canadian teams. The Maple Leafs boast the best lottery odds at 20 per cent.

THE CANADIAN PRESS

Bryan Berard hugs his parents Pam and Wally after going first overall to the Senators in the 1995 NHL draft in Edmonton. FRANK GUNN/THE CANADIAN PRESS FILE

> **Ottawa definitely turned around their franchise, but it was years after that.**
> Bryan Berard

EH, OK

Berard says his favourite time in the NHL was with the Toronto Maple Leafs, an experience that was cut short after fewer than two seasons because of a devastating eye injury, suffered in Ottawa, that would briefly knock him out of the league.

NBA PLAYOFFS

Powell living the dream

Norman Powell says he's been dreaming his entire life of playing in the spotlight on the NBA's biggest stage.

There was zero sign of stage fright Tuesday night, when the Raptors rookie swiped the ball off Pacers star Paul George, and took flight for a massive one-handed dunk. The huge play was a turning point in Toronto's Game 5 win over Indiana. And it came as no surprise to his teammates.

"When I first worked out with him in the gym, his mindset, his competitive nature, he didn't care who you were once you were on that court," DeMar DeRozan said of Powell. "He's had my respect since then."

The 22-year-old UCLA product was a big part of the Raptors' fourth-quarter comeback that has them just one win away from clinching the series. Toronto takes a 3-2 series lead to Indianapolis on Friday.

Powell, whose dunk lit up Twitter — with the hashtag "WeTheNorm" — has played with a veteran's poise in his postseason debut. Nerves? There are none.

"No, I just told myself I put in the time, I put in the work, to go out there and play basketball," Powell said Wednesday. "It's a big stage that I've dreamed of being on my whole life, and to go out there and to prove to people that I belong on this stage, that I belong in the NBA — that's my whole mindset, (since) the day I was drafted."

THE CANADIAN PRESS

MLB

Giants' Belt falls just short of cycle

Brandon Belt was a homer short of the cycle and drove in five runs, Hunter Pence drove in a pair on three hits and the San Francisco Giants completed a three-game sweep by beating the San Diego Padres 13-9 on Wednesday.

Jeff Samardzija (3-1) went 5-2/3 innings and snapped a tie with a two-run single for the Giants, who won their fifth in six games.

THE ASSOCIATED PRESS

Brandon Belt GETTY IMAGES

IN BRIEF

Bishop, Holtby, Quick named Vezina finalists

Ben Bishop of the Tampa Bay Lightning, Braden Holtby of the Washington Capitals and Jonathan Quick of the Los Angeles Kings are the three finalists for the 2015-16 Vezina Trophy awarded to the NHL's best goaltender.

The league announced the finalists on Wednesday.

The general managers of all 30 NHL teams submitted ballots for the Vezina Trophy at the end of the regular season. THE CANADIAN PRESS

Olympic flame passed off to Rio Games organizers

The Olympic flame was handed to organizers of the Rio de Janeiro Games in Athens on Wednesday, 100 days before the opening ceremony in Brazil.

Dressed as a high priestess, actress Katerina Lehou led the brief ceremony at the Panathenian Stadium, a horseshoe-shaped marble venue where the first modern Olympics were held in 1896.

THE ASSOCIATED PRESS

NBA PLAYOFFS

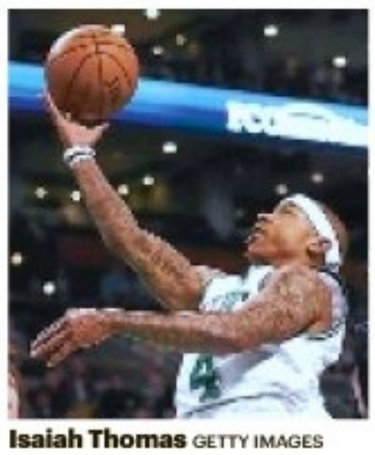
Celtics star expected back for Game 6

Celtics coach Brad Stevens says that all signs point toward Isaiah Thomas being able to play in Game 6 against the Hawks.

Stevens said Wednesday that he'd gotten all positive updates on the all-star guard's status, who limped to the locker-room with a mild left ankle sprain in the closing minutes of Tuesday's 110-83 loss in Atlanta.

Boston — trailing 3-2 — hosts Atlanta Thursday night.

THE ASSOCIATED PRESS



Isaiah Thomas GETTY IMAGES

RECIPE Grilled Shrimp Guacamole Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We think any recipe that has guacamole in the title rates high, but if it also features shrimp and comes together in a snap then we call that one a winner.

Ready in
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients
- 200g raw shrimp
- Olive oil
- Salad leaves
- 1 avocado, diced
- Handful of cherry tomatoes, cut in half
- Cilantro, chopped to garnish

For the dressing:
- Juice of 1 lime
- 1 tbsp extra virgin olive oil
- ½ clove garlic, crushed
- 1 jalapeno pepper, diced (optional, if you like a bit of heat)
- Salt and pepper

Directions

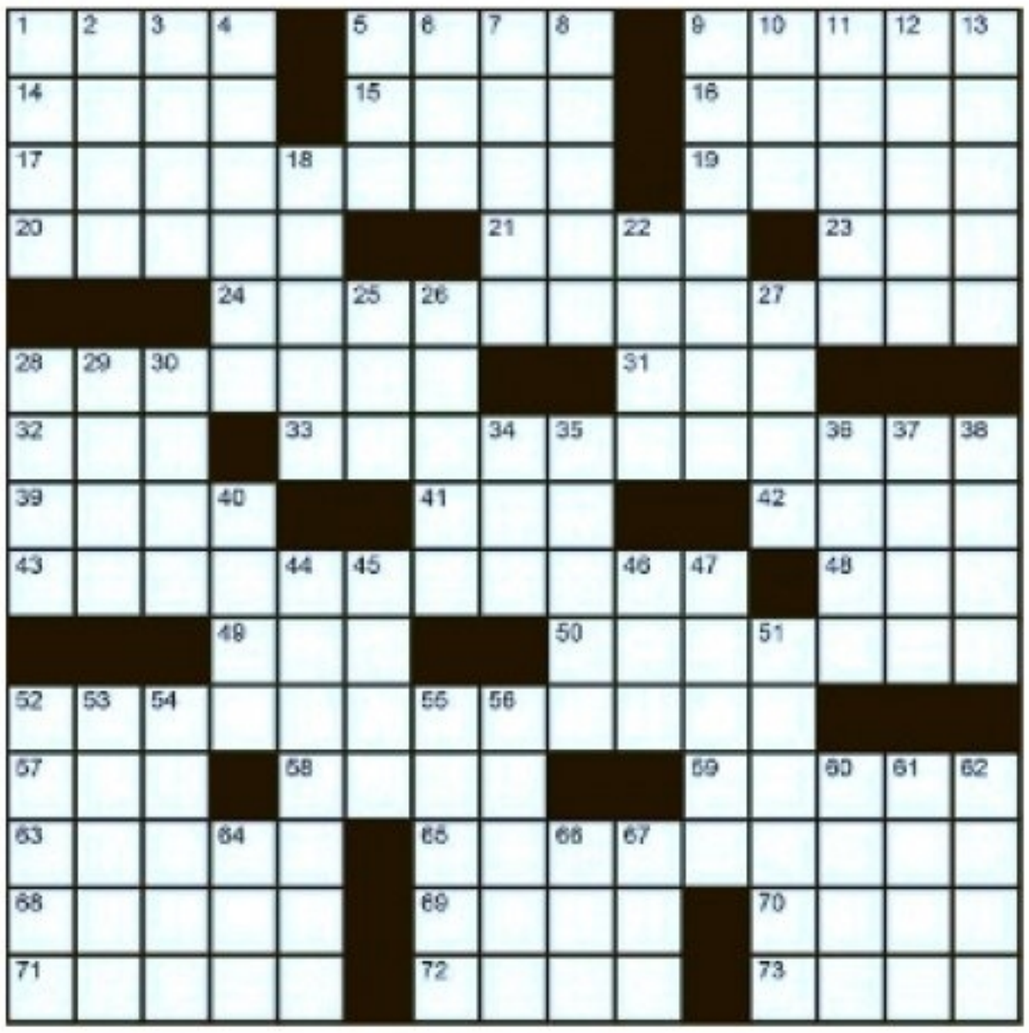
1. Toss the shrimp in a little bit of olive oil and salt and pepper. Either put the shrimp on skewers and place on a hot barbecue grill, or put a cast iron griddle on the barbecue and cook the shrimp in the hot pan. For both methods, cook the shrimp for only a minute or so on each side – just until the shrimp is pink. Set aside while you make the salad.

2. Artfully arrange the salad leaves, avocado, and tomatoes on a plate, or chuck it all together in a bowl – it'll taste the same either way, really. Whisk the dressing ingredients together and season to taste. Drizzle dressing over salad and put shrimp on top. Garnish with the fresh coriander.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Spouse
5. Show snippet
9. Mr. Potato Head stick-ons
14. Panache
15. Drove
16. Spiritless, to Shakespeare
17. The Guess Who's 'tart' tune: 2 wds.
19. Brian Bowman's job in Winnipeg
20. Bristly hairs
21. Jai __
23. Can. borderer
24. As per #33-Across... Composer of 1875 opera Carmen: 2 wds.
28. "The Fresh Prince of Bel-Air" star Alfonso
31. Sportily succeed
32. 'Meth' suffix
33. The Canadian Opera Company's production of Carmen is currently on stage at the __ Centre for the Performing Arts, in Toronto
39. Belonging to the Pittsburgh Steelers org.
41. -Fi's front
42. Me, she or him [abbr.]
43. Gleaming bird of prey: 2 wds.
48. Parisian summer
49. Prefix to 'culture' (Beekeeping)
50. As per #24-Across... French author of the novella Carmen on which the famous opera is based, Prosper __ (b.1803 - d.1870)
52. Backyard furniture pieces: 2 wds.
57. Ms. Ortiz
58. Part
59. Bay window
63. David's Goliath-slaying weapon
65. Siren sounder
68. Madonna's "Evita" (1996) role, Eva __
69. Fleck
70. Genuine
71. Retailer's establishment
72. Built-up talk
73. Thailand neighbour

DOWN
1. Clutter
2. __ vera
3. Pulled tightly
4. Anger
5. Grand __ (Wine classification)
6. Law, in Laval
7. Luggage's 'label': 2 wds.
8. 16th-century English dramatist George
9. Country in southwest Africa where Windhoek is the capital city
10. Granny: German
11. Russian spacecraft
12. Irregularly edged
13. Fender guitar, familiarly
18. "__ I care!" (Go ahead!)
22. "Even __ speak..."
25. Gold: Spanish
26. Awaken
27. Clouseau's li'l rank
28. Called
29. Data
30. Canadian telecom company
34. Elvis' label
35. 18th Greek letter
36. City near Provo, Utah
37. Memo
38. Snick-or-__
40. Mount Rushmore state, _ __.
44. Table centerpiece with tiered bowls
45. Robert De __
46. Floral necklace
47. Mr. Flynn
51. Canadian newspapers/TV magnate Mr. Asper (b.1932 - d.2003)
52. Bee-ish bugs
53. Cove
54. Setting in 'The Mummy' flicks
55. Wear florals with checks, perhaps
56. Like health store 'hearts'
60. Early person of Peru
61. Canyon lingerer
62. Permits
64. Hide __ hair
66. Jazz style
67. Sport-__ (All-purpose vehicle)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Warning! Your relations with authority figures — bosses, VIPs, parents and teachers plus the police — will have some surprises and possible conflicts today. Tread carefully.

Taurus April 21 - May 21
Travel plans will be cancelled, delayed or rescheduled today. Surprise news might affect you, especially regarding publishing, legal or medical matters. School plans might be rescheduled.

Gemini May 22 - June 21
Make sure that you know what's happening with inheritances, insurance issues and anything regarding shared property, because something unexpected will impact these areas today.

Cancer June 22 - July 23
Relations with partners and close friends are a bit dicey today. Someone might demand more freedom in the relationship. Or this person might surprise you in a different way. Be ready for something unexpected.

Leo July 24 - Aug. 23
Your work routine will be interrupted because of computer crashes, canceled meetings, staff shortages or broken equipment. Allow extra time for wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your kids or children you work with; therefore be wise and be extra vigilant. Social occasions and sports are also subject to cancelations and accidents.

Libra Sept. 24 - Oct. 23
Small appliances might break down today or minor breakages at home could occur because something will interrupt your daily routine. Likewise be patient with sudden requests from family members.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be alert. (The world needs more people who are alert.)

Sagittarius Nov. 23 - Dec. 21
You might find money today; you might lose money. Keep an eye on your possessions as well, because this is an unpredictable day.

Capricorn Dec. 22 - Jan. 20
It's a crapshoot today. The Moon is in your sign, dancing with wild, wacky Uranus. This might make you obsessed with something unusual. (Lighten up.)

Aquarius Jan. 21 - Feb. 19
You will feel restless today. Don't worry about this, because many people feel this way today. Fear not; this feeling is gone by tomorrow.

Pisces
Feb. 20 - March 20
A friend might say or do something that surprises you. Alternatively, you might meet someone who is a real character, because this is not a boring day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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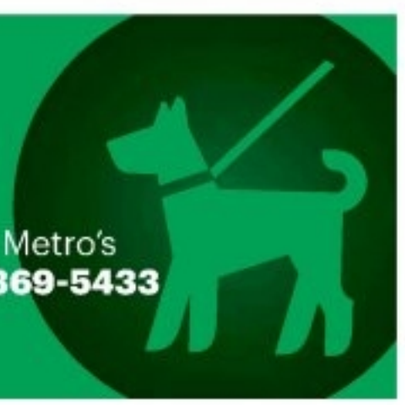
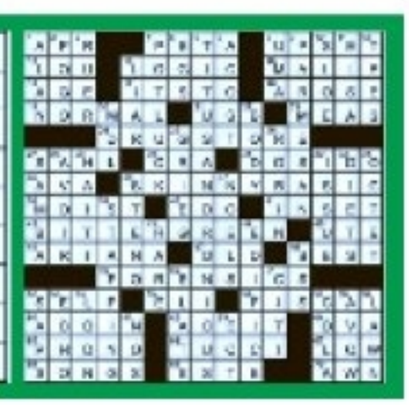


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	4	1	6	9	7	8	3	5
9	3	6	5	8	4	7	1	2
5	7	8	1	2	3	6	9	4
8	1	9	3	6	5	2	4	7
7	2	3	8	4	9	1	5	6
6	5	4	2	7	1	9	8	3
1	8	7	4	3	6	5	2	9
4	6	5	9	1	2	3	7	8
3	9	2	7	5	8	4	6	1



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